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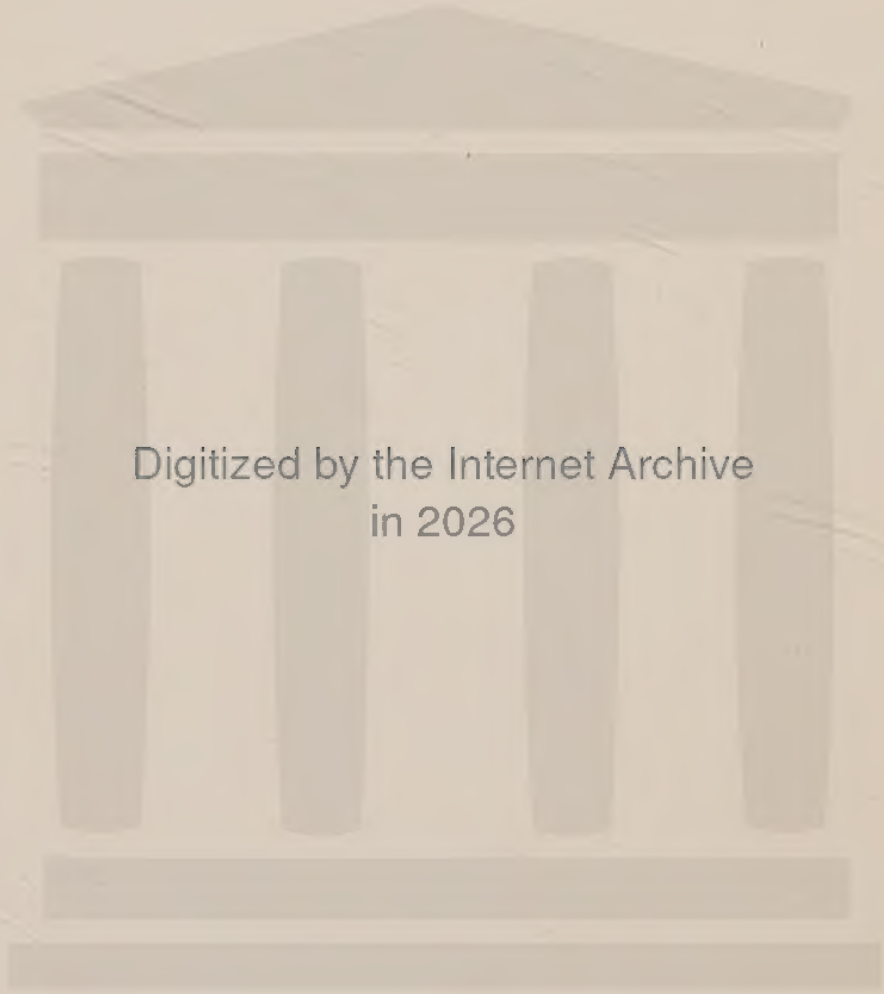
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ALTAR DEVOTIONS

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A MANUAL

OF

SELF-EXAMINATION, PRAYER AND PRAISE FOR THE BLESSED SACRAMENT

COMPILED BY THE

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ETC., ETC.

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PREFACE

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IN looking over the various communicant manuals in existence, none has ever appeared to the author of this compilation to be quite fitted to meet the needs of his own people; doubtless because all or nearly all of these manuals, being of English origin, have been prepared from an English standpoint. To be sure they have been "adapted" for American use, but unfortunately in no case has the adaptation gone further than the substitution of the language of our Prayer Book for that of the English wherever there are verbal differences between the two. But something more than this is needed.

The author cannot give the source of every extract he has used, but for much in the following pages he is indebted to such books as Bishop Wilson's "Lord's Supper," Rev. A. D. Crake's "Bread of Life," Rev. M. F. Sadler's "Communicant's Manual," Rev. T. T. Carter's "Treasury of Devotion," and sundry other books, some

of them anonymous, as "An Altar Book" and "The Narrow Way."

This little book is sent forth with the prayer that it may set forward the greater glory of God and deepen man's love and reverence for that most holy sacrament wherein the treasures of God's grace are marvellously laid up for them that fear him and that call upon his Name.

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Morning Prayers for Communicants who use this Book

✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

As soon as you are dressed, kneel down and say thoughtfully, realizing the presence of God:

O MOST Holy Trinity, One only God in Three Persons, I believe that thou art here. I worship thee with all my heart.

Thank God for his mercies and offer yourself to him

O MY God, I yield thee hearty thanks and praise for all thy mercies. Thou didst make and thou didst redeem me. Thou also sanctifiest me. Of thy goodness thou hast brought me to another day. I beseech thee to give me grace to spend it acceptably to thee, and that all my thoughts and words and actions may be for thy honour and glory; through Jesus Christ our Lord. Amen.

Prayer for those near and dear

I PRAY thee, O Heavenly Father, give thy blessing to (Father, Mother, Husband, Wife, Child, Brothers, Sisters) and all who are near and dear to me, and bring them to everlasting life; through Jesus Christ our Lord. Amen.

Here, if you are hoping to communicate next Sunday, use every morning of the week the devotions appointed in the Office of Preparation, p. 17.

Hymn

NOW that the daylight fills the sky,
We lift our hearts to God on high,
That he, in all we do or say,
Would keep us free from harm to-day.

May he restrain our tongues from strife,
And shield from anger's din our life,
And guard with watchful care our eyes
From earth's absorbing vanities.

O may our inmost hearts be pure,
From thoughts of folly kept secure,
And pride of sinful flesh subdued
Through sparing use of daily food.

So we, when this day's work is o'er,
And shades of night return once more,
Our path of trial safely trod,
Shall give the glory to our God.

All praise to God the Father be,
All praise, Eternal Son, to thee,
Whom with the Spirit we adore
For ever and for evermore.

I believe in God the Father, etc.

Our Father, etc.

The grace of our Lord, etc.

Evening Prayers for Communicants who use this Book

✠ In the Name of the Father, and of the Son, and of the Holy Ghost.

Kneel down and say thoughtfully, realizing the presence of God:

O MY God, I believe that thou art present. I come before thee, my Creator, Redeemer, Sanctifier, Judge, to offer thee, at the end of another day, the worship of my heart. I believe in thee, for thou art truth itself. I hope in thee, for thou art faithfulness itself. I love thee, for thou thyself art love. Amen.

Then say:

AND now, O Lord, my God, I confess to thee that I have sinned in thy sight, especially in — (here mention any sins of omission or commission of which your conscience accuses you). Wherefore I pray thee to have mercy upon me and send me pardon and help from thy holy place. Amen.*

Here you may pray for others, especially those very dear to you. *See page* ix.

Here, also, if you are hoping to communicate next Sunday, use every day of the week the devotions appointed in the Office of Preparation, p. 17.

Hymn

BEFORE the ending of the day,
Creator of the world, we pray
That thou with wonted love wouldst keep
Thy watch around us while we sleep.

* *On the Saturdays when you make your special examination of conscience, use the form of confession provided in the Office of Preparation instead of this one.*

O let no evil dreams be near,
Nor phantoms of the night appear;
Our ghostly enemy restrain,
Lest aught of sin our bodies stain.

Almighty Father, hear our cry
Through Jesus Christ our Lord most High,
Who, with the Holy Ghost and thee,
Doth live and reign eternally.

SAVE us, O Lord, waking, and keep us, sleeping, that we may watch with Christ and rest in peace. Amen.

VISIT, I beseech thee, O Lord, this house, and guard it from all evil. Let thy holy Angels dwell here, and preserve us in peace, and may thy blessing be upon us forever, through Jesus Christ our Lord. Amen.

Our Father, etc.

The grace of our Lord, etc.

Grace before Meals

BLESS, O Lord, these thy gifts to our use, and ourselves to thy service; for Jesus Christ's sake. Amen.

Grace after Meals

PRAISED be the Lord daily, even the God who helpeth us and poureth his benefits upon us. Amen.

Before Service in Church

CLEANSE my heart, O Lord, and let thy blessing be upon me in thy Holy House. Help me to lift up my heart to thee, and to fix my mind on thy service. Open my understanding, that hearing thy Holy Word, and faithfully performing the same, I may find in thee the health and salvation of my soul; for Jesus' sake. Amen.

After Service in Church

HAVE mercy upon us, O God, and grant that what I have said with my lips I may believe in my heart; and that what I believe in my heart I may shew forth in my life. Forgive the weakness and faults of this my service; for the sake of Jesus Christ. Amen.

The Church's Doctrine of the Holy Communion

Question. Why was the Sacrament of the Lord's Supper ordained?

Answer. For the continual remembrance of the sacrifice of the death of Christ, and of the benefits which we receive thereby.

Question. What is the outward part or sign of the Lord's Supper?

Answer. Bread and Wine, which the Lord hath commanded to be received.

Question. What is the inward part, or thing signified?

Answer. The Body and Blood of Christ, which are spiritually taken and received by the faithful in the Lord's Supper.

Question. What are the benefits whereof we are partakers thereby?

Answer. The strengthening and refreshing of our souls by the Body and Blood of Christ, as our bodies are by the Bread and Wine.

Question. What is required of those who come to the Lord's Supper?

Answer. To examine themselves, whether they repent them truly of their former sins, stedfastly purposing to lead a new life; have a lively faith in God's mercy through Christ, with a thankful remembrance of his death; and be in charity with all men.

CATECHISM

The Supper of the Lord is not only a sign of the love that Christians ought to have among themselves one to another; but rather it is a Sacrament of our Redemption by Christ's death: insomuch that to such as rightly, worthily, and with faith, receive the same, the Bread which we break is a partaking of the Body of Christ; and likewise the Cup of Blessing is a partaking of the Blood of Christ.

ARTICLE XXVIII

Advice to Communicants

You should prepare to go to Holy Communion —

(1) In charity with everybody.

(2) With special prayer and self-examination during the previous week.

(3) Stirring up in yourself a thankful remembrance of the infinite blessings given through the death of Christ, shown forth in this memorial sacrifice.

(4) With a firm purpose to advance in goodness of life.

(5) The *frequency* with which you should go to the Altar must depend upon the special needs of your own soul, about which you should consult your Rector. Ordinarily for young communicants once a month after careful preparation should be the rule, then oftener. Once a week should be your aim. Always communicate on the great festivals of Christmas, Easter, and Whitsunday.

Receive the Holy Communion *regularly*.

(6) Be very careful as to what you think and talk about on going to Church to receive the Holy Communion, also as to what you think and say on returning home.

(7) If some Sunday you are at Church and find the Holy Communion is to be celebrated, don't leave the Church *unless you have been previously to an early Celebration*, but remain to the end if you conveniently can. This does not mean that you must then communicate, for if you are not prepared it is better to defer communicating until another time.

(8) Do not appear before the Lord empty. — DEUT. XVI. 16, 17.

(9) Do not think that attendance only at the early Sunday celebration is sufficient when there are other services. Attend at least one of these, preferably the midday one. Sunday is the Lord's Day, not yours.

(10) When not present for the purpose of communicating, do not unnecessarily leave the Church before the sermon; to do so is discourteous.

(11) In the event of serious sickness, send at once for your rector, that he may administer to you the Holy Communion.

Daily Devotions for the Week before Communion

During the week previous to your Communion, use the devotions provided for morning and evening prayer, in addition to your usual prayers each day.

In using the prayers of preparation, and indeed all the prayers, remember they should be used as aids to the exercise of your thoughts, the kindling of your affections, and not as a substitute for your own efforts. No forms, however good they may be, can be useful to you without much care and effort on your own part.

Remember also that no repentance is complete without sorrow for sin, confession of sin, and earnest purpose of amendment.

Monday Morning

Malachi i. 11

FROM the rising of the sun even unto the going down of the same, my Name shall be great among the Gentiles; and in every place incense shall be offered unto my Name, and a pure offering: for my Name shall be great among the heathen, saith the Lord of Hosts.

Hymn

THOU standest at the altar,
Thou offerest every prayer;
In faith's unclouded vision
We see thee ever there.

Out of Thy Hand the incense
Ascends before the Throne,
Where Thou art interceding,
Lord Jesu, for Thine own.

And through Thy Blood accepted
With Thee we keep the feast;
Thou art Thyself the Victim,
Thou art Thyself the Priest.

We come, O only Saviour,
On thee, the Lamb, to feed;
Thy Flesh is Bread from Heaven,
Thy Blood is Drink indeed!

Prayer

O LORD my God, I desire to receive the blessed Sacrament of the Body and Blood of Jesus Christ, but how shall I approach thy Table? The heavens in thy sight are not clean, and the foundations of the earth shake at thy Presence. Yet, thou hast provided a special means whereby we may come to thee, even by a new and living way, which thou hast consecrated for us, through the veil, that is to say, the Flesh of thy Son. Wash me throughly from my wickedness, and cleanse me from my sin, renew a right spirit within me, and of thy Goodness direct me in this service, that all the faculties of my soul and body may be intent rightly to apprehend, and humbly to receive this Bread of Life; so that, by thy Grace, I may obtain the benefits of the Death and Passion of my Saviour, the remission of sins and everlasting Life, through Jesus Christ our Lord. *Amen.*

Monday Evening

ST. JOHN VI. 27

LABOUR not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed.

HYMN

ONCE, only once, and once for all,
His precious life he gave:
Before the Cross our spirits fall
And own it strong to save.

"One offering single and complete,"
With lips and heart we say;
But what he never can repeat
He shows forth day by day.

For as the Priest of Aaron's line
Within the Holiest stood,
And sprinkled all the mercy shrine
With sacrificial blood;

So he who once atonement wrought,
Our Priest of endless power,
Presents himself for those he bought
In that dark noontide hour.

His manhood pleads where now it lives
On Heaven's eternal throne,
And where in mystic rite he gives
Its presence to his own.

And so we show thy death, O Lord,
Till thou again appear,
And feel, when we approach thy board,
We have an Altar here.

PRAYER

O LORD my God, do thou assist thy servant with the help of thy Holy Spirit, that I may worthily and devoutly draw near unto thy holy Altar; that I may have grace to honour this mighty Mystery with due faith, reverence, and gratitude; and that I may receive it with a pure intention and faithful perseverance. Be thou gracious to me, O merciful God, and grant that my hope in thy goodness may be increased, and that my love to thee and to my neighbour may, by the tasting of this heavenly Manna, never decay. This I ask for Jesus Christ's sake. *Amen.*

Tuesday Morning

St. Matthew xxvi. 26–28

AND as they were eating, Jesus took bread, and blessed it, and brake it, and gave it to the disciples, and said, Take, eat; this is my Body. And he took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it: for this is my Blood of the New Testament, which is shed for many for the remission of sins.

Hymn

AND now, O Father, mindful of the love
That bought us, once for all, on Calvary's tree,
And having with us him that pleads above,
We here present, we here spread forth to thee,
That only offering perfect in thine eyes,
The one true, pure, immortal sacrifice.
Look, Father, look on his anointed face,
And only look on us as found in him;
Look not on our misusings of thy grace,
Our prayer so languid, and our faith so dim;
For lo! between our sins and their reward,
We set the passion of thy Son our Lord.

Prayer

O LORD God Almighty, who hast given thine only-begotten Son, not only to die for our sins, but also to be our spiritual food and sustenance in the Holy Communion, grant me grace so to take this Holy Sacrament that I may spiritually eat the Flesh of Christ and drink his Blood: that thereby Christ may dwell in me and I in him: that I may be one with Christ, and Christ one with me. Cleanse my sinful body by his Body; wash my soul in his most precious Blood; assure me by this Sacrament that thou hast favour and goodness towards me; that I am a very member incorporate in the mystical Body of thy Son, which is the blessed company of all faithful people; and that I am an heir of thy everlasting kingdom. And, O merciful Lord God, grant that this partaking of the Body and Blood of my Lord, my body and soul may be preserved to everlasting life, in him and through him who alone is the Resurrection and the Life, our Lord and Saviour Jesus Christ. *Amen.*

Tuesday Evening

ST. JOHN VI. 30–35

THEY said therefore unto him, What sign showest thou then, that we may see, and believe thee? what dost thou work? Our fathers did eat manna in the desert; as it is written, he gave them bread from heaven to eat. Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven. For the bread of God is he which cometh down from heaven, and giveth life unto the world. Then said they unto him, Lord, evermore give us this bread. And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

HYMN

O SAVING Victim, op'ning wide
The gate of heav'n to man below,
Our foes press on from ev'ry side,
Thine aid supply, thy strength bestow.

All praise and thanks to thee ascend
For evermore, blest One in Three;
O grant us life that shall not end,
In our true native land with thee.

PRAYER

O THOU great High Priest, Jesus Christ our Lord, who lovest purity and innocence, grant that with pure heart I may join in offering through thee this sacrifice of praise and thanksgiving. For with what contrition of heart and fountain of tears, with what reverence and awe, with what purity of mind and body should that Divine and Heavenly Sacrifice be celebrated, wherein thy Flesh is our meat indeed, and thy Blood is our drink indeed; wherein things lowest and Highest, earthly and Divine, are united; where is the presence of thy holy Angels; and where thou art, in a wonderful and unspeakable way, both Sacrifice and Priest. For thy mercy's sake grant that the words of my mouth and the meditation of my heart may be always acceptable in thy sight, O Lord my Strength and my Redeemer. *Amen.*

Wednesday Morning

PHIL. II. 8, 9

JESUS humbled himself, and became obedient unto death, even the death of the cross; wherefore God also hath highly exalted him.

HYMN

MY God, and is thy table spread,
And does thy cup with love o'erflow,
Thither be all thy children led,
And let them thy sweet mercies know.

Hail! sacred feast, which Jesus makes,
Rich banquet of his flesh and blood:
Thrice happy he who here partakes
That sacred stream, that heavenly food.

Oh, let thy table honoured be,
And furnished well with joyful guests:
And may each soul salvation see,
That here its sacred pledges tastes.

MEDITATION

CONSIDER, my soul, how Isaiah saw in a vision the glory of the Lord, how he heard the Seraphim singing their Sanctus, and saw the King, the Lord of Hosts, and how, moved by the sight of infinite holiness, he felt his own sinfulness, and cried, "Woe is me, for I am undone!"

Consider further how one of the Seraphim taking a live coal in the tongs from off the altar, laid it upon his mouth, and said, "Lo, this hath touched thy lips, and thine iniquity is taken away." This burning coal represents to thee the Blessed Sacrament of the Lord's Body and Blood. Feel, therefore, and know thine own unworthiness. O my soul, thou art soon to enter into the House of the Lord, there to show forth the death of Christ. With adoring awe the angels will behold the sacred mysteries, but for thee was the Victim slain. What but this canst thou say: Thanks be to God for his unspeakable Gift.

Wednesday Evening

ST. JOHN VI. 41–46

THE Jews then murmured at him, because he said, I am the bread which came down from heaven. And they said, Is not this Jesus, the son of Joseph, whose father and mother we know? how is it then that he saith, I came down from heaven? Jesus therefore answered and said unto them, Murmur not among yourselves. No man can come to me, except the Father which hath sent me draw him: and I will raise him up at the last day.

HYMN

GUIDE me, O thou great Jehovah,
Pilgrim through this barren land,
I am weak, but thou art mighty:
Hold me with thy powerful hand.

Open now the crystal fountains
Whence the living waters flow;
Let the fiery, cloudy pillar
Lead me all my journey through.

MEDITATION

CONSIDER, my soul, how the Israelites assembled on the night of their departure from Egypt, to eat the Paschal Lamb. Their loins were girded, their shoes were on their feet, the staff was in the hand: like strangers and pilgrims they ate their food in haste, that they might start immediately for a better country. For, on that awful night, the angel of death was abroad, and only those houses whose doorposts were sprinkled with blood were spared, when the firstborn were smitten.

Consider, also, my soul, thou art preparing to keep the feast wherein Christ, the true Paschal Lamb, is thy Food, and, sprinkled with his most precious Blood, the angel of death cannot harm thee, for thy true life is hidden with Christ in God.

How art thou about to approach? Are thy loins girded to walk in the way to Eternal Life, the straight path, and the narrow way? Canst thou say: Thy rod and thy staff they comfort me.

Thursday Morning

ST. MATTHEW XXVI. 26

AND as they were eating, Jesus took bread, and blessed it, and brake it, and gave it to the disciples, and said, Take, eat, this is my Body: and he took the cup and gave thanks, and gave it to them, saying, Drink ye all of it, for this is my Blood of the New Testament, which is shed for many for the remission of sins.

HYMN

SHEPHERD of souls, refresh and bless
Thy chosen pilgrim flock,
With manna in the wilderness,
With water from the rock.

Hungry and thirsty, faint and weak,
As thou when here below,
Our souls the joys celestial seek
Which from thy sorrow flow.

We would not live by bread alone,
But by that word of grace,
In strength of which we travel on
To our abiding-place.

Be known to us in breaking bread,
But do not then depart;
Saviour, abide with us, and spread
Thy table in our heart.

Lord, sup with us in love divine;
Thy body and thy blood,
That living bread, that heavenly wine,
Be our immortal food.

PRAYER

GRANT, O Lord, that I may never draw down thy judgments upon myself by going to this ordinance unworthily. Give me grace to consecrate my life to thee, and to embrace every occasion of remembering my Redeemer's love. And grant that I may always find such comfort and benefit in this service, as may encourage me to observe it with joy unto my life's end.

Awaken all Christian people to a sense of their duty; open their eyes, and correct their mistakes, that they may be convinced that here is thy way of making their peace with thee, and of rendering their prayers acceptable to thy Divine Majesty, through Jesus Christ our Lord. *Amen.*

Thursday Evening

1 Cor. xi. 23–26

FOR I have received of the Lord that which also I delivered unto you. That the Lord Jesus the same night in which he was betrayed took bread: And when he had given thanks, he brake it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me. After the same manner also he took the cup, when he had supped, saying, This cup is the New Testament in my blood: this do ye, as oft as ye drink it, in remembrance of me. For as often as ye eat this bread and drink this cup, ye do shew the Lord's death till he come.

Hymn

BREAD of heaven, on thee we feed,
For thy flesh is meat indeed:
Ever may our souls be fed
With this true and living bread;
Day by day with strength supplied,
Through the life of him who died.
Vine of heaven, thy blood supplies
This blest cup of sacrifice;
Lord, thy wounds our healing give,
To thy cross we look and live:
Jesu, may we ever be
Grafted, rooted, built in thee.

Prayer

O BLESSED Jesus, who gavest thyself a sacrifice for our sins, open mine eyes that I may see the excellency of thy love for me. Make me constant in faith, hope, and charity; give me grace to persevere in virtue, and to try not to offend thee. Let the memory of thy Passion, and of the bitter pains thou hast suffered for me, make me patient in all trouble and suffering. Make me always to cling to thy holy Catholic Church, and to practise all holy duties. Let no false delight of this evil world blind me. Let me so hunger and thirst after righteousness that I may be filled, and let this holy Sacrament be to me such a defence and shield, such a means of sanctification and of spiritual growth, that thou wilt grant to me a place in thy everlasting kingdom. *Amen.*

Friday Morning

1 Cor. x. 16, 17

THE cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? For we, being many, are one bread and one body; for we are all partakers of that one bread.

Hymn

ACCORDING to thy gracious word,
In meek humility,
This will I do, my dying Lord,
I will remember thee.

Thy body, broken for my sake,
My bread from heaven shall be;
The cup, thy precious blood, I take,
And thus remember thee.

Gethsemane, can I forget?
Or there thy conflict see,
Thine agony and bloody sweat,
And not remember thee?

When to the cross I turn mine eyes,
And rest on Calvary,
O Lamb of God, my sacrifice,
I must remember thee.

Prayer

O HEAVENLY Father, I desire to celebrate the death of thy dear Son as the one all-atoning Sacrifice, and the only foundation of our hope. Grant, I pray thee, that all the blessings which he by his death hath procured for us, such as pardon, peace, adoption, sanctification, and the hope of eternal life, may by this Sacrament be sealed to us afresh. May we return from thine Altar with our consciences quieted, our corruptions subdued, our graces increased, and our souls strengthened for the spiritual warfare.

Greatly increase the number of those who receive the Body and Blood of thy Son to everlasting life; enlarge all the borders of thy kingdom, till all the nations of the world worship before thee. Grant this for Jesus Christ's sake. *Amen.*

Friday Evening

ST. JOHN VI. 52–54

THE Jews therefore strove among themselves, saying, How can this man give us his flesh to eat? Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day.

HYMN

GLORY be to Jesus,
Who in bitter pains
Poured for me the life-blood
From his sacred veins!
Grace and life eternal
In that blood I find,
Blest be his compassion
Infinitely kind!

Blest through endless ages
Be the precious stream,
Which from sin and sorrow
Does the world redeem!
Abel's blood for vengeance
Pleaded to the skies;
But the blood of Jesus
For our pardon cries.

PRAYER

O JESUS, giving up the ghost, and finishing the great work of our redemption upon the cross! I believe thee truly present in the Sacrament of the Altar. O what sorrows — what humiliations — what mysteries — what eternal designs didst thou accomplish on the cross! Mayest thou be eternally praised, for thine infinite mercy! Be pleased to soften our hearts, and draw us from the temptations that beset them; thou who, in thy dying moments, didst work so many wonders, in darkening the sun — breaking the rocks — rending the veil of the temple — opening the graves — and causing the earth to tremble. Continue, O Jesus, in this Holy Sacrament thy mercies on our souls, that thy precious Blood may not be shed in vain for us. *Amen.*

Saturday Morning

St. Matthew xi. 29

Take my yoke upon you and learn of me; for I am meek and lowly in heart; and ye shall find rest unto your souls.

Hymn

DRAW nigh and take the body of the Lord,
And drink the holy blood for you outpoured.

Saved by that body and that holy blood,
With souls refreshed, we render thanks to God.

Salvation's giver, Christ, the only Son,
By his dear cross and blood the victory won.

Offered was he for greatest and for least,
Himself the victim, and himself the priest.

Victims were offered by the law of old,
That in a type celestial mysteries told.

He, Ransomer from death, and Light from shade,
Now gives his holy grace, his saints to aid.

Approach ye then with faithful hearts sincere,
And take the safeguard of salvation here.

He, that his saints in this world rules and shields
To all believers life eternal yields.

Prayer

ALMIGHTY everlasting God, lo! I draw near to the sacrament of thy only-begotten Son, our Lord Jesus Christ. O most gracious God, grant me so to receive the flesh of thy only-begotten Son, our Lord Jesus Christ, that I may be found worthy to be incorporated with his mystical Body, and accounted among his members. O most loving Father, grant that as I desire here to receive him veiled from sight, so I may hereafter behold him face to face, where with thee, O Father, and thee, O Holy Ghost, he liveth and reigneth ever one God, world without end. *Amen.*

Saturday Evening

ST. JOHN VI. 57–58

AS the living Father hath sent me, and I live by the Father, so he that eateth me, even he shall live by me. This is that bread which came down from heaven: not as your fathers did eat manna and are dead: he that eateth of this bread shall live for ever.

HYMN

THE king of love my Shepherd is,
Whose goodness faileth never;
I nothing lack if I am his,
And he is mine forever.

Where streams of living water flow
My ransomed soul he leadeth,
And, where the verdant pastures grow,
With food celestial feedeth.

Perverse and foolish oft I strayed,
But yet in love he sought me,
And on his shoulder gently laid,
And home, rejoicing, brought me.

In death's dark vale I fear no ill
With thee, dear Lord, beside me;
Thy rod and staff my comfort still,
Thy cross before to guide me.

PRAYER

ALMIGHTY everlasting God, behold I draw near to the Sacrament of thine only-begotten Son, our Lord Jesus Christ; I come like a sick man to the Healer of life; blind, I come to the Light of Eternal Brightness; poor and needy, to the Lord of heaven and earth. I pray thee, therefore, that, out of the greatness of thy boundless fulness, thou wouldest vouchsafe to cure my sickness, to give light to my blindness, to make rich my poverty, that I may receive the Bread of Angels, the King of kings, the Lord of lords, with such reverence and humility, with such contrition and devotion, with such purity and faith, with such purpose and intention, as may help on the salvation of my soul, through Jesus Christ our Lord. *Amen.*

Sunday Morning

ST. MATTHEW V. 8

BLESSED are the pure in heart; for they shall see God.

HYMN

I AM not worthy, holy Lord,
That thou shouldst come to me;
Speak but the word: one gracious word
Can set the sinner free.

I am not worthy; cold and bare
The lodging of my soul;
How canst thou deign to enter there?
Lord, speak, and make me whole.

I am not worthy; yet, my God,
How can I say thee nay;
Thee, who didst give thy flesh and blood
My ransom-price to pay?

Oh, come! in this sweet morning hour
Feed me with food divine;
And fill with all thy love and power
This worthless heart of mine.

PRAYER

O LORD God, if I wait till I am worthy I shall never draw near to thy Holy Sacrament, but thou hast commanded us to do this, and so I come trusting only in thy mercy. I confess that I have sinned against thee. Wash me from sin in my Saviour's blood: cleanse my heart, and keep my lips from speaking any bitter words. May I never dare to keep any wicked or unclean, any angry or unforgiving thoughts in my heart, but make me to forgive as I myself desire to be forgiven. Make me content with what thou seest fit to order for me. Grant that I may not be over anxious about the things of this world, but make me above all things to desire the grace of thy Holy Spirit. Give me more faith in my Saviour, and a more earnest desire to feed upon him in this Holy Sacrament. All this I ask for Jesus Christ's sake. *Amen.*

Office of Preparation

Form of Self-examination

Let a man examine himself, and so let him eat of that Bread, and drink of that Cup. — 1 Cor. xi. 28.

Concerning this self-examination the Church directs us to examine ourselves:

Whether we truly repent us of our former sins.

Whether we stedfastly purpose to lead a new life.

Whether we have a lively faith in God's mercy through Christ.

Whether we have a thankful remembrance of his death.

Whether we be in charity with all men.

Now kneel and say:

Remember not, Lord, our offences, nor the offences of our forefathers, neither take thou vengeance of our sins.

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

Our Father, who art in heaven, etc.

O LORD and heavenly Father, I desire now to examine myself as in thy sight, and to judge myself so that I may not at last be condemned by thee. Assist me in this needful work; bring my sins to my remembrance, and so convince me of their guilt that with true contrition of heart I may bewail and confess them to thee, and receive forgiveness through the merits of thy dear Son.

Keep me from all self-deception; save me from the guilt and folly of dissembling or cloaking my sins before thee: and do thou, O God, try me, and seek the ground of my heart; do thou prove me, and examine my thoughts; do thou look well if there be any way of wickedness in me, and lead me in the way everlasting. All this I ask for Jesus Christ's sake. *Amen.*

Then begin your Confession to God:

✠ I confess to God the Father, the Son, and the Holy Ghost, in the sight of the whole company of heaven, that I have sinned

exceedingly, in thought, word, and deed, through my fault, through my own fault, through my most grievous fault, especially. . . . . .

[*Here examine yourself according to the form immediately following.*]

SELF-EXAMINATION*

I

Concerning Repentance

Do I truly repent of my former sins?

Of — instances of giving way to the sin which doth so easily beset me?

Of neglect of prayer or hurrying over prayer?

Of neglect of God's worship?

Of neglecting my duty as
A child — brother — sister?
A father, mother, guardian?
A husband, wife, friend?
An employer, employee, trustee?

Of excessive anger, ill temper, malice, impurity, dishonesty, falsehood?

What real sorrow, shame, or self-abhorrence have I felt or manifested?

II

Concerning Leading a New Life

Am I stedfastly purposing to lead a new life?

Am I daily asking God's help to deliver me from sin?

Am I avoiding evil associations?

Am I careful about my time, talents, money, thoughts, words, actions, manners, motives, influence?

Do I remember that of all I claim as mine I really own nothing, as I am simply God's steward?

Do I remember that it is a sin to leave a duty undone?

When I have fallen do I resolve to trust God more and my own strength less?

Am I pressing daily toward the mark for the prize of the high calling of God?

Am I living each day as I would my last?

III

Concerning my Faith

Have I a lively faith in God's mercy?

Do I believe that Jesus Christ is my Saviour, my Lord and my God?

Do I cast all my care upon him, knowing that he careth for me?

When I think of my sins do I think of them as caus-

* See longer form, p. 69.

ing Christ to be put to shame?

Do I believe the promises of God contained in the Bible?

Does Christ become more real to me as time goes by?

IV

Concerning Remembrance of Christ's Death

Do I believe with all my heart that God gave his Son not only to die for me, but also to be my spiritual food and sustenance in this Holy Sacrament?

Do I come with a real desire to receive in some heavenly way the Body and Blood of Christ, so that I may be in him, and he in me?

Have I ever questioned Christ's power to give me now his Flesh to eat and to raise me up at the last day?

Do I believe and acknowledge that there is in this Sacrament a very deep Mystery?

Do I pray that I may have that view of this Blessed Sacrament which God has revealed?

Do I pray earnestly that I may receive in it that which God offers to me?

Have I remembered that this Sacrament is the memorial of Christ's death and that in it we plead the merits of Christ's death as our only plea for mercy?

V

Concerning Charity towards All

Have I charity towards all?

Do I put away from me all bitterness and anger and evil speaking?

Do I cherish an unforgiving thought in my heart?

Do I ever say I can never forget an injury done me?

Do I strive to stifle, as soon as they rise up in my mind, all envious, grudging, or revengeful thoughts?

Do I, to the utmost of my power, assist my neighbour in his poverty, distress, or sickness?

Do I earnestly pray that God will forgive my enemies, persecutors, and slanderers; that it may please him to turn their hearts and to bring them to everlasting life?

Do I always put the best construction on people's actions, giving them credit for the best of motives?

When you have confessed your sins to God in your own words [for the form given is merely suggestive] and you have made special mention of the circumstances which have increased their guilt, have no doubts about God's mercy, for God will not be extreme to mark what has been done amiss but will blot out the handwriting of offences against you. Then, still on your knees, say:

PSALM LI.

Miserere mei, Deus

HAVE mercy upon me, O God, after thy great goodness; according to the multitude of thy mercies do away mine offences.

Wash me throughly from my wickedness, and cleanse me from my sin.

For I acknowledge my faults, and my sin is ever before me.

Against thee only have I sinned, and done this evil in thy sight; that thou mightest be justified in thy saying, and clear when thou art judged.

Behold, I was shapen in wickedness, and in sin hath my mother conceived me.

But lo, thou requirest truth in the inward parts, and shalt make me to understand wisdom secretly.

Thou shalt purge me with hyssop, and I shall be clean; thou shalt wash me, and I shall be whiter than snow.

Thou shalt make me hear of joy and gladness, that the bones which thou hast broken may rejoice.

Turn thy face from my sins, and put out all my misdeeds.

Make me a clean heart, O God, and renew a right spirit within me.

Cast me not away from thy presence, and take not thy holy Spirit from me.

O give me the comfort of thy help again, and stablish me with thy free Spirit.

Then shall I teach thy ways unto the wicked, and sinners shall be converted unto thee.

Deliver me from blood-guiltiness, O God, thou that art the God of my health; and my tongue shall sing of thy righteousness.

Thou shalt open my lips, O Lord: and my mouth shall show thy praise.

For thou desirest no sacrifice, else would I give it thee: but thou delightest not in burnt-offerings.

The sacrifice of God is a

troubled spirit: a broken and contrite heart, O God, shalt thou not despise.

O be favourable and gracious unto Sion: build thou the walls of Jerusalem.

Then shalt thou be pleased with the sacrifice of righteousness, with the burnt-offerings and oblations: then shall they offer young bullocks upon thine altar.

WHEREFORE, O Almighty God, thus confessing my manifold offences against Thee I pray thee to have mercy upon me, O Father of Mercy; and pour into my heart such love toward thee that I may truly repent of my sins. Give me true contrition, that I may grieve from my heart for having offended thee; and grant, O Lord, that I may bring forth the fruit of amendment of life, to the honour and glory of thy Name, through Jesus Christ our Lord. *Amen.*

✠ MAY the almighty and merciful Lord grant to me absolution and remission of all my sins, time for true repentance, amendment of life, and the grace and comfort of his Holy Spirit. *Amen.*

THE grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all. *Amen.*

N. B. — If there yet remain with you a sense of unforgiven sin, act at once upon this direction the Church gives you in her Prayer Book:

"*And because it is requisite that no man should come to the Holy Communion but with a full trust in God's mercy and with a quiet conscience, therefore, if there be any of you who by this means cannot quiet his own conscience herein, but requireth further comfort or counsel, let him come to me, or to some other Minister of God's Word, and open his grief, that by the ministry of God's holy Word he may receive the benefit of absolution, together with godly counsel and advice, to the quieting of his conscience and avoiding of all scruple and doubtfulness.*"

Before Communion

INSTRUCTIONS BEFORE SERVICE

1. *It was the rule of the early Church to receive the Blessed Sacrament fasting from the previous midnight. Therefore try to attend the early celebration.*

2. *If you are unable to communicate early, remember to keep your mind from being entangled with worldly thoughts before going to Church.*

3. *Be in good time so as to collect your thoughts, and realize God's presence, and pray for acceptance: ten or fifteen minutes before time for service will not be too much. If unhappily you should arrive at the Church after the celebration has begun, you should not venture to communicate unless you are in time to make your confession and receive the absolution.*

4. *When you arrive at your place in Church kneel down, compose your thought, and say the 43d Psalm, which from ancient times has been used as a preparation for the Holy Communion. Don't kneel on one knee at any part of the service; kneel on both knees.*

5. *Follow the service throughout, joining your voice to the voices of the others present.*

6. *Give at the Offertory, but do not stay away if you are unable to do so.*

N. B. *Do not put a pew rent or envelope offering for Church expenses into the alms plate unless you make an offering in addition. What is given at this service is at the disposal of the clergy for religious and pious purposes.*

7. *Do not sit while the offertory sentences are being read. Stand or kneel.*

8. *Having some time before removed your gloves, with hands crossed, receive the bread into the palm of your right hand, kneeling upright at the altar; do not lean on the rail. The wine just sip, gently guiding the chalice to your mouth, if it is not given into your hands.*

9. *While others are receiving, spend your time on your knees if you can; if not, sit reverently and read or meditate. For Psalms, Hymns, and Prayers, see pages* 28, 29.

10. *Do not under any circumstances, short of extreme necessity, leave the Church till the service is over, and then do not* hurry *away.*

Prayers in Church before Service begins

Before the celebration of the Holy Communion commences kneel down and say:

✠ In the Name of the Father, and of the Son, and of the Holy Ghost.

Psalm xliii.

Judica me Deus

GIVE sentence with me, O God, and defend my cause against the ungodly people: O deliver me from the deceitful and wicked man.

For thou art the God of my strength, why hast thou put me from thee: and why go I so heavily, while the enemy oppresseth me?

O send out thy light and thy truth that they may lead me: and bring me unto thy holy hill, and to thy dwelling.

And that I may go unto the altar of God, even unto the God of my joy and gladness: and upon the harp will I give thanks unto thee, O God, my God.

Why art thou so heavy, O my soul: and why art thou so disquieted within me?

O put thy trust in God: for I will yet give him thanks, which is the help of my countenance, and my God.

Hymn

JUST as I am, without one plea,
But that thy blood was shed for me,
And that thou bidd'st me come to thee,
O Lamb of God, I come.

Just as I am, and waiting not
To rid my soul of one dark blot,
To thee, whose blood can cleanse each spot,
O Lamb of God, I come.

Just as I am, though tossed about
With many a conflict, many a doubt,
Fightings and fears within, without,
O Lamb of God, I come.

Just as I am, poor, wretched, blind;
Sight, riches, healing of the mind,

Yea, all I need, in thee to find,
O Lamb of God, I come.

Just as I am thou wilt receive,
Wilt welcome, pardon, cleanse, relieve,
Because thy promise I believe,
O Lamb of God, I come.

Just as I am, thy love unknown
Has broken every barrier down;
Now to be thine, yea, thine alone,
O Lamb of God, I come.

PRAYER

WE supplicate and entreat thy goodness that this Mystery, planned for our salvation, may not be to the condemnation of any of these thy people, but to the blotting out of sin, and to the renewal of soul and body. May all our service be well pleasing to thee our God and Father, through the mercy and love towards men of thine only-begotten Son Jesus Christ.

O King of peace, give us thy peace, keep us in love and charity; be our God, for we know none beside thee, we call upon thy Name: Grant unto our souls the life of righteousness, that the death of sin may not prevail against us or any of thy people.

As the Priest goes up to the Altar to begin celebrating say:

TAKE away from us our iniquities, we beseech thee, O Lord, that we may be worthy to enter with pure minds into the Holy of Holies, through Christ our Lord. *Amen.*

The Order for the Administration of the Lord's Supper, or Holy Communion

The Order for the Administration of the Lord's Supper, or Holy Communion

THE LORD'S PRAYER

Our Father.

THE COLLECT FOR PURITY

ALMIGHTY God, unto whom all hearts are open, all desires known, and from whom no secrets are hid; Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Jesus Christ our Lord. *Amen.*

THE TEN COMMANDMENTS

As each Commandment is said, call to mind how you may have broken it in thought, word, or deed, so that you may after each say the response, "Lord, have mercy, &c.," *with all your heart.*

Priest

GOD spake these words, and said: I am the Lord thy God: Thou shalt have none other gods but me.

People. Lord, have mercy upon us, and incline our hearts to keep this law.

Priest. Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth. Thou shalt not bow down to them, nor worship them: for I the Lord thy God am a jealous God, and visit the sins of the fathers upon the children, unto the third and fourth generation of them that hate me: and show mercy unto thousands in them that love me, and keep my commandments.

People. Lord, have mercy upon us, and incline our hearts to keep this law.

Priest. Thou shalt not take the Name of the Lord thy God in vain: for the Lord will not hold him guiltless, that taketh his Name in vain.

People. Lord, have mercy upon us, and incline our hearts to keep this law.

Priest. Remember that thou keep holy the Sabbath-day. Six days shalt thou labour, and do all that thou hast to do; but the seventh day is the Sab-

bath of the Lord thy God. In it thou shalt do no manner of work; thou, and thy son, and thy daughter, thy man-servant, and thy maid-servant, thy cattle, and the stranger that is within thy gates. For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the seventh day, and hallowed it.

People. Lord, have mercy upon us, and incline our hearts to keep this law.

Priest. Honour thy father and thy mother; that thy days may be long in the land which the Lord thy God giveth thee.

People. Lord, have mercy upon us, and incline our hearts to keep this law.

Priest. Thou shalt do no murder.

People. Lord, have mercy upon us, and incline our hearts to keep this law.

Priest. Thou shalt not commit adultery.

People. Lord, have mercy upon us, and incline our hearts to keep this law.

Priest. Thou shalt not steal.

People. Lord, have mercy upon us, and incline our hearts to keep this law.

Priest. Thou shalt not bear false witness against thy neighbour.

People. Lord, have mercy upon us, and incline our hearts to keep this law.

Priest. Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his servant, nor his maid, nor his ox, nor his ass, nor any thing that is his.

People. Lord, have mercy upon us, and write all these thy laws in our hearts, we beseech thee.

Then the Priest may say,

Hear also what our Lord Jesus Christ saith.

THOU shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it; Thou shalt love thy neighbour as thyself. On these two commandments hang all the Law and the Prophets.

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

Then the Priest may say,

Let us pray.

O ALMIGHTY Lord, and everlasting God, vouchsafe, we beseech thee, to direct, sanctify, and govern, both our hearts and bodies, in the ways of thy laws, and in the works of thy commandments; that, through thy most mighty protection, both here and ever, we may be preserved in body and soul; through our Lord and Saviour Jesus Christ. *Amen.*

The Collect

Follow attentively in your Prayer Book the words of the Epistle and of the Gospel.

Before the Gospel stand up, and join in saying, "Glory be to thee, O Lord," *for this word of salvation. Think how it is Christ himself, who now gives you the rule of your faith and works, and say:*

OPEN, O Lord, mine ears and mine heart, that the divine words of the Gospel may enter into my soul and dwell there.

The Sermon

When there is a sermon, as the Priest goes to the pulpit say:

GRANT, O Lord, that we may have such grace to hear and receive the word now to be spoken by thy servant that we may hereafter seek thy glory and the increase of thy kingdom, through Jesus Christ our Lord. *Amen.*

The Nicene Creed

I BELIEVE in one God the Father Almighty, Maker of heaven and earth, And of all things visible and invisible:

And in one Lord Jesus Christ, the only-begotten Son of God; Begotten of his Father before all worlds, God of God, Light of Light, Very God of very God; Begotten, not made; Being of one substance with the Father; By whom all things were made: Who for us men and for our salvation came down from heaven, And was incarnate by the Holy Ghost of the Virgin Mary, And was made man: And was crucified also for us under Pontius Pilate; He suffered and was buried: And the third day he rose again according to the Scriptures: And ascended into heaven, And sitteth

on the right hand of the Father: And he shall come again, with glory, to judge both the quick and the dead; Whose kingdom shall have no end.

And I believe in the Holy Ghost, The Lord, and Giver of Life, Who proceedeth from the Father and the Son; Who with the Father and the Son together is worshipped and glorified; Who spake by the Prophets: And I believe one Catholic and Apostolic Church: I acknowledge one Baptism for the remission of sins: And I look for the Resurrection of the dead: And the Life of the world to come. Amen.

After the Creed say,

GRANT, O Lord, that I may live and die in the faith, practice, and communion of thy One, Holy, Catholic, and Apostolic Church.

The Offertory

Give to God at the Offertory whatever you can, and always gladly. God loveth a cheerful giver. To give alms as you are able is a necessary act of worship.

And while the oblations of Bread and Wine are being made, offer yourself and all you have to God's service in union with this Sacrifice about to be made, saying:

ACCEPT, O Lord, this bread and wine which we now offer to thee, and bless them to us, that they may be unto us the Body and Blood of Christ. *Amen.*

When you give your alms, say,

KEEP me, O God, from all idle and vain expenses, that I may relieve thy sick and poor, and help to maintain thy services, and do thou graciously accept these alms now offered to thee, for Jesus Christ's sake. *Amen.*

REMEMBER the words of the Lord Jesus, how he said, It is more blessed to give than to receive. — Acts xx. 35.

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven. — St. Matthew v. 16.

Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: but lay

up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal. — St. Matthew vi. 19, 20.

Whatsoever ye would that men should do to you, even so do to them: for this is the law and the prophets. — St. Matthew vii. 12.

Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven. — St. Matthew vii. 21.

Zaccheus stood forth, and said unto the Lord, Behold, Lord, the half of my goods I give to the poor; and if I have done any wrong to any man, I restore fourfold. — St. Luke xix. 8.

Who goeth a warfare at any time of his own cost? Who planteth a vineyard, and eateth not of the fruit thereof? Or who feedeth a flock, and eateth not of the milk of the flock? — 1 Cor. ix. 7.

If we have sown unto you spiritual things, is it a great matter if we shall reap your worldly things? — 1 Cor. ix. 11.

Do ye not know, that they who minister about holy things live of the sacrifice; and they who wait at the altar are partakers with the altar? Even so hath the Lord also ordained, that they who preach the gospel should live of the gospel. — 1 Cor. ix. 13, 14.

He that soweth little shall reap little; and he that soweth plenteously shall reap plenteously. Let every man do according as he is disposed in his heart, not grudgingly, or of necessity; for God loveth a cheerful giver. — 2 Cor. ix. 6, 7.

Let him that is taught in the Word minister unto him that teacheth, in all good things. Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he reap. — Gal. vi. 6, 7.

While we have time, let us do good unto all men; and especially unto them that are of the household of faith. — Gal. vi. 10.

Godliness is great riches, if a man be content with that he hath: for we brought nothing into this world, neither may we carry anything out. — 1 Tim. vi. 6, 7.

Charge them who are rich in this world, that they be ready to give, and glad to distribute; laying up in store for themselves a good foundation against the time to come, that they may attain eternal life. — 1 Tim. vi. 17, 18, 19.

God is not unrighteous, that he will forget your works, and labour that proceedeth of love; which love ye have showed for

his Name's sake, who have ministered unto the saints, and yet do minister. — HEB. VI. 10.

To do good, and to distribute, forget not; for with such sacrifices God is well pleased. — HEB. XIII. 16.

Whoso hath this world's good, and seeth his brother have need, and shutteth up his compassion from him, how dwelleth the love of God in him? — 1 ST. JOHN III. 17.

Give alms of thy goods, and never turn thy face from any poor man; and then the face of the Lord shall not be turned away from thee. — TOBIT IV. 7.

Be merciful after thy power. If thou hast much, give plenteously; if thou hast little, do thy diligence gladly to give of that little: for so gatherest thou thyself a good reward in the day of necessity. — TOBIT IV. 8, 9.

He that hath pity upon the poor lendeth unto the Lord: and look, what he layeth out, it shall be paid him again. — PROV. XIX. 17.

Blessed be the man that provideth for the sick and needy: the Lord shall deiver him in the time of trouble. — PSALM XLI. 1.

Speak unto the children of Israel, that they bring me an offering; of every man that giveth it willingly with his heart ye shall take my offering. — EXOD. XXV. 2.

Ye shall not appear before the Lord empty; every man shall give as he is able, according to the blessing of the Lord thy God which he hath given thee. — DEUT. XVI. 16, 17.

Thine, O Lord, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O Lord, and thou art exalted as head above all. — 1 CHRON. XXIX. 11.

All things come of thee, O Lord, and of thine own have we given thee. — 1 CHRON. XXIX. 14.

When the Offertory is presented, stand and say,

All things come of thee, O Lord, and of thine own have we given thee.

PRAYER FOR THE CHURCH MILITANT

Then shall the Priest say,

Let us pray for the whole state of Christ's Church militant.

ALMIGHTY and everliving God, who by thy holy Apostle hast taught us to make prayers, and supplications, and to give thanks for all men; We humbly beseech thee

most mercifully [**to accept our alms and oblations and*] to receive these our prayers, which we offer unto thy Divine Majesty; beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord: And grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love. We beseech thee also, so to direct and dispose the hearts of all Christian Rulers, that they may truly and impartially administer justice, to the punishment of wickedness and vice, and to the maintenance of thy true religion, and virtue. Give grace, O heavenly Father, to all Bishops and other Ministers, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments. And to all thy People give thy heavenly grace; and especially to this congregation here present; that, with meek heart and due reverence, they may hear, and receive thy holy Word; truly serving thee in holiness and righteousness all the days of their life. And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succour all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity. And we also bless thy holy Name for all thy servants departed this life in thy faith and fear; beseeching thee to give us grace so to follow their good examples, that with them we may be partakers of thy heavenly kingdom. Grant this, O Father, for Jesus Christ's sake, our only Mediator and Advocate. *Amen.*

The Exhortation

DEARLY beloved in the Lord, ye who mind to come to the holy Communion of the Body and Blood of our Saviour Christ, must consider how Saint Paul exhorteth all persons diligently to try and examine themselves, before they presume to eat of that Bread, and drink of that Cup. For as the benefit is great, if with a true penitent heart and lively faith we receive that holy Sacrament; so is the danger great, if we receive the

same unworthily. Judge therefore yourselves, brethren, that ye be not judged of the Lord; repent you truly for your sins past; have a lively and stedfast faith in Christ our Saviour; amend your lives, and be in perfect charity with all men; so shall ye be meet partakers of those holy mysteries. And above all things ye must give most humble and hearty thanks to God, the Father, the Son, and the Holy Ghost, for the redemption of the world by the death and passion of our Saviour Christ, both God and man; who did humble himself, even to the death upon the Cross, for us, miserable sinners, who lay in darkness and the shadow of death; that he might make us the children of God, and exalt us to everlasting life. And to the end that we should always remember the exceeding great love of our Master, and only Saviour, Jesus Christ, thus dying for us, and the innumerable benefits which by his precious blood-shedding he hath obtained for us; he hath instituted and ordained holy mysteries, as pledges of his love, and for a continual remembrance of his death, to our great and endless comfort. To him therefore, with the Father and the Holy Ghost, let us give (as we are most bounden) continual thanks; submitting ourselves wholly to his holy will and pleasure, and studying to serve him in true holiness and righteousness all the days of our life. *Amen.*

The Invitation

In which the Priest addresses those who are going to communicate and invites them to join in the general Confession, saying,

YE who do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead a new life, following the commandments of God, and walking from henceforth in his holy ways; Draw near with faith, and take this holy Sacrament to your comfort: and make your humble confession to Almighty God, devoutly kneeling.

The General Confession

Now call to mind with sorrow the sins for which

you especially feel you need the forgiveness of God. You are to do this humbly kneeling.

Then shall this general Confession be made, by the Priest and all those who are minded to receive the Holy Communion, humbly kneeling.

ALMIGHTY God, Father of our Lord Jesus Christ, Maker of all things, Judge of all men; We acknowledge and bewail our manifold sins and wickedness, Which we, from time to time, most grievously have committed, By thought, word, and deed, Against thy Divine Majesty, Provoking most justly thy wrath and indignation against us. We do earnestly repent, And are heartily sorry for these our misdoings; The remembrance of them is grievous unto us; The burden of them is intolerable. Have mercy upon us, Have mercy upon us, most merciful Father; For thy Son our Lord Jesus Christ's sake, Forgive us all that is past; And grant that we may ever hereafter Serve and please thee In newness of life, To the honour and glory of thy Name; Through Jesus Christ our Lord. *Amen.*

The Absolution

Listen to the Absolution, and the Comfortable Words of Christ and his Apostles, which assure us who have made a careful and good repentance of pardon and forgiveness.

Then shall the Priest (the Bishop if he be present) stand up, and turning to the People, say,

ALMIGHTY God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him; Have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord. *Amen.*

The Comfortable Words

These words of our Lord and his Apostles are said in order to bring comfort to our souls, and encourage us to draw near to him in perfect trust and loving confidence.

Then shall the Priest say,

Hear what comfortable words our Saviour Christ saith unto all who truly turn to him.

COME unto me, all ye that travail and are heavy laden, and I will refresh you. — St. Matthew xi. 28.

So God loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life. — St. John iii. 16.

Hear also what Saint Paul saith.

This is a true saying, and worthy of all men to be received, That Christ Jesus came into the world to save sinners. — 1 Tim. i. 15.

Hear also what Saint John saith.

If any man sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins. — 1 St. John ii. 1, 2.

The Sursum Corda, *i. e.*, Lift up Your Hearts

After which the Priest shall proceed, saying,

Lift up your hearts.

Answer. We lift them up unto the Lord.

Priest. Let us give thanks unto our Lord God.

Answer. It is meet and right so to do.

The Preface

The Priest then says the Preface. It is so called because it leads up to the more solemn part of the service.

(On great Festivals one of the Proper Prefaces is used.)

IT is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, [*Holy Father,] Almighty, Everlasting God.

* *These words* [Holy Father] *must be omitted on* Trinity-Sunday.

THEREFORE with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

The Sanctus

Now joining with the Angels and Archangels say reverently and heartily,

HOLY, Holy, Holy, Lord God of hosts, heaven and earth are full of thy glory: Glory be to thee, O Lord Most High. *Amen.*

Proper Prefaces

Upon Christmas-day, *and seven days after*

BECAUSE thou didst give Jesus Christ, thine only Son, to be born as at this time for us; who, by the operation of the Holy Ghost, was made very man, of the substance of the Virgin Mary his mother; and that without spot of sin, to make us clean from all sin. Therefore with angels, etc.

Upon Easter-day, *and seven days after*

BUT chiefly are we bound to praise thee for the glorious Resurrection of thy Son Jesus Christ our Lord: for he is the very Paschal Lamb, which was offered for us, and hath taken away the sin of the world; who by his death hath destroyed death, and by his rising to life again hath restored to us everlasting life. Therefore with angels, etc.

Upon Ascension-day, *and seven days after*

THROUGH thy most dearly beloved Son Jesus Christ our Lord; who, after his most glorious Resurrection, manifestly appeared to all his Apostles, and in their sight ascended up into heaven, to prepare a place for us; that where he is, thither we might also ascend, and reign with him in glory. Therefore with Angels, etc.

Upon Whitsunday, *and six days after*

THROUGH Jesus Christ our Lord; according to whose most true promise, the Holy Ghost came down as at this time from heaven, with a sudden great sound, as it had been a mighty wind, in the likeness of fiery tongues, lighting upon the Apostles, to teach them, and to lead them to all truth; giving them both the gift of divers languages, and also boldness with fervent zeal constantly to preach the Gospel unto all nations; whereby we have been brought out of darkness and error into the clear light and true knowledge of thee, and of thy Son Jesus Christ. Therefore with Angels, etc.

Upon the Feast of Trinity *only, may be said,*

WHO art one God, one Lord; not one only Person, but three Persons in one Substance. For that which we believe of the glory of the Father, the same we believe of the Son,

and of the Holy Ghost, without any difference or inequality. Therefore with Angels, etc.

Or else this may be said, the words [Holy Father] *being retained in the introductory Address.*

FOR the precious death and merits of thy Son Jesus Christ our Lord, and for the sending to us of the Holy Ghost, the Comforter; who are one with thee in thy Eternal Godhead. Therefore with Angels, etc.

Prayer of Humble Access

It is so called because we should come to our Blessed Lord in the Holy Communion with humility and godly fear.

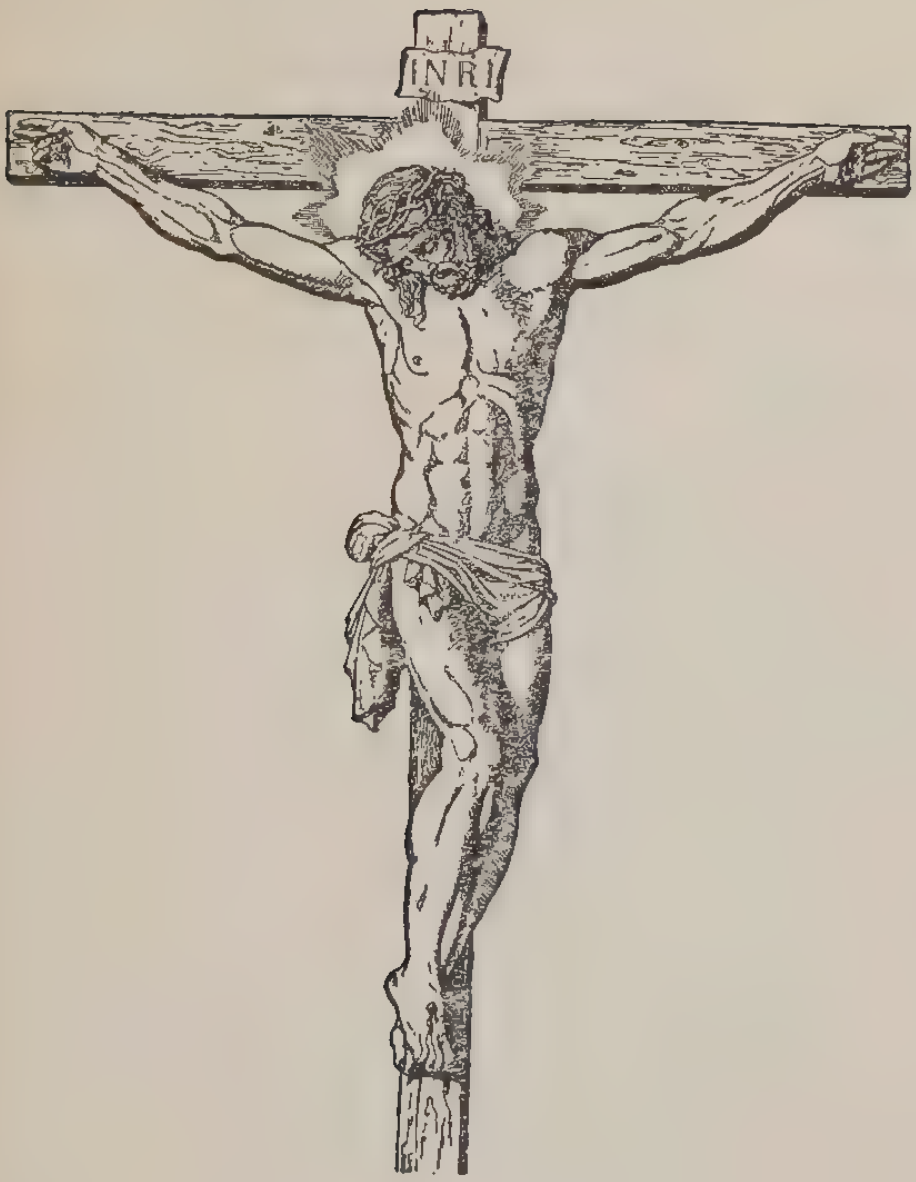
Then shall the Priest, kneeling down at the Lord's Table, say, in the name of all those who shall receive the Communion, this Prayer following.

WE do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord, whose property is always to have mercy: Grant us, therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that our sinful bodies may be made clean by his body, and our souls washed through his most precious blood, and that we may evermore dwell in him, and he in us. *Amen.*

Prayer of Consecration

This is the most solemn part of the Service — the consecration, first of the Bread, then of the Wine, that the Body and Blood of our Lord may become present: which Consecration is made by Christ's own words pronounced in his Name and Person by the Priest, and is the most essential part of the Sacrifice; for thereby the Body and Blood of Christ are shown forth before God and offered to Him.

ALL glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son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Jesus Christ to suffer death upon the Cross for our redemption; who made there (by his one oblation of himself once offered) a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again: For in the night in which he was betrayed, he took Bread; and when he had given thanks, he brake it, and gave it to his disciples, saying, *Take, eat, this is my Body, which is given for you; Do this in remembrance of me.* Likewise, after supper, he took the Cup; and when he had given thanks, he gave it to them, saying, Drink ye all of this; for *this is my Blood of the New Testament, which is shed for you, and for many, for the remission of sins; Do this, as oft as ye shall drink it, in remembrance of me.*

The Oblation

WHEREFORE, O Lord and heavenly Father, according to the institution of thy dearly beloved Son our Saviour Jesus Christ, we, thy humble servants, do celebrate and make here before thy Divine Majesty, with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

The Invocation

AND we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these gifts and creatures of bread and wine; that we, receiving them according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

AND we earnestly desire thy fatherly goodness, mercifully to accept

this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion. And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee, that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him. And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice; yet we beseech thee to accept this our bounden duty and service; not weighing our merits, but pardoning our offences, through Jesus Christ our Lord; by whom, and with whom, in the unity of the Holy Ghost, all honour and glory be unto thee, O Father Almighty, world without end. *Amen.*

A hymn is generally sung here.

After the hymn remain on your knees and say,

ACCEPT, O Lord, the prayers and intercessions of thy Priest in behalf of all those for whom they are offered, and may the Body and Blood of thy dear Son strengthen and refresh my soul and body and the souls and bodies of those who this day receive him, and bestow upon me and upon them all the heavenly graces of which we stand in need. *Amen.*

O Lamb of God, that takest away the sins of the world;

Have mercy upon us.

O Lamb of God, that takest away the sins of the world;

Have mercy upon us.

O Lamb of God, that takest away the sins of the world;

Grant us thy peace.

O GOD, unseen yet ever near,
Thy Presence may we feel;
And, thus inspired with holy fear,
Before thine Altar kneel.

Here may thy faithful people know
The blessings of thy love,
The streams that through the desert flow
The manna from above.

We come, obedient to thy Word,
To feast on heavenly food;
Our meat, the Body of our Lord,
Our drink, his precious Blood.

Thus may we all thy words obey,
For we, O God, are thine;
And go rejoicing on our way,
Renewed with strength divine.

O LORD Jesus Christ, I thy sinful servant, trusting only in thy great mercy, draw near to the table of thy most holy Feast. My heart and body are defiled with many sins, my mind and my tongue have not been faithfully guarded. To thee I come to be healed; and I desire to have thee as my Saviour, before whom I cannot stand as my judge. To thee, O Lord, I show my wounds and lay bare my shame. I know my sins to be many and great, for which I fear; but I hope in thy mercy, which is far greater than my sin. I repent that I have sinned, I desire now to do what is right. Take from me my sins, that I may be worthy to taste the Holy of Holies. Grant me, by thy sacred Body and Blood, a clean heart and a pure soul; that I may walk before thee in holiness all my days. *Amen.*

Should there be many communicants, use the time before you communicate in praying for yourself, your family, your parish, the various organizations of your parish, the bishop, the whole Church, its missions, and its work. [*Forms of prayer are given on pp.* 56–64.]

When you are ready to go up to the Altar say,

O LORD our God, the Bread that came down from heaven is the life of the world. I have sinned against heaven and before thee, and am not worthy to partake of the immaculate mysteries: But, O merciful God, forgive thou mine offences, and make me worthy by thy grace, that I may receive thy holy Body and precious Blood, not to my condemnation, but to the remission of my sins and eternal life. *Amen.*

If after leaving your place you cannot at once kneel at the Altar, kneel wherever you happen to be, and there continue in prayer until your turn comes to go forward.

On kneeling at the Altar say,

LORD, I am not worthy that thou shouldst come under my roof, but speak the word only, and thy servant shall be healed.

As the Priest approaches you with the Paten say,

THOU hast said, The bread that I will give is my flesh, which I will give for the life of the world. Be it unto me according to thy word,

THE Body of our Lord Jesus Christ, which was given for thee, preserve thy body and soul unto everlasting life. Take and eat this in remembrance that Christ died for thee, and feed on him in thy heart by faith, with thanksgiving.

When you have received say,

O my God, thou art holy; O my soul, thou art blessed.

As the Priest approaches you with the Chalice say,

THOU hast said, My Blood is drink indeed. I will receive the cup of salvation, and call upon the name of the Lord.

The Blood of our Lord Jesus Christ, which was shed for thee, preserve thy body and soul unto everlasting life. Drink this in remembrance that Christ's Blood was shed for thee, and be thankful.

When you have received say,

Let my sins be washed away in thy blood, O Lord.

When you have returned to your place, say,

PRAISE the Lord, O my soul; and all that is within me, praise his holy Name.

GLORY be to thee, O Jesus, my Lord and my God, for thus feeding my soul with thy most blessed Body and Blood. O let this heavenly food transfuse new life and vigour into my soul, and into the souls of all who are now communicating, that our faith may daily increase; that we may all grow more humble and contrite for our sins; that we may all love thee, and serve thee, and delight in thee, and praise thee more fervently, and more incessantly, than ever we have done heretofore. *Amen.*

AN ACT OF THANKSGIVING

JESUS, gentlest Saviour,
God of might and power,
Thou thyself art dwelling
In us at this hour.

Nature cannot hold thee,
Heaven is all too strait,
For thine endless glory,
And thy royal state.

Out beyond the shining
Of the farthest star,
Thou art ever stretching
Infinitely far.

Yet the hearts of children
Hold what worlds can not,
And the God of wonders
Loves the lowly spot.

As men to their gardens
Go to seek sweet flowers,
In our hearts dear Jesus,
Seeks them at all hours.

Jesus, gentlest Saviour,
Thou art in us now;
Fill us full of goodness,
Till our hearts o'erflow.

Multiply our graces;
Give us love and fear,
And, dear Lord, the chiefest,
Grace to persevere!

Oh, how can we thank thee
For a gift like this,
Gift that truly maketh
Heaven's eternal bliss?

Ah! when wilt thou always
Make our hearts thy home?
We must wait for heaven;
Then the day will come.

Then say:

Thanks be unto God for his inestimable gift.

THANKSGIVING PSALM

PSALM CIII

Benedic, anima mea

PRAISE the Lord, O my soul; and all that is within me, praise his holy Name.

Praise the Lord, O my soul, and forget not all his benefits:

Who forgiveth all thy sin, and healeth all thine infirmities;

Who saveth thy life from destruction, and crowneth thee with mercy and loving-kindness;

Who satisfieth thy mouth with good things, making thee young and lusty as an eagle.

The Lord executeth righteousness and judgment for all them that are oppressed with wrong.

He showed his ways unto Moses, his works unto the children of Israel.

The Lord is full of compassion and mercy, long-suffering, and of great goodness.

He will not alway be chiding; neither keepeth he his anger for ever.

He hath not dealt with us after our sins; nor rewarded us according to our wickednesses.

For look how high the heaven is in comparison of the earth; so great is his mercy also toward them that fear him.

Look how wide also the east is from the west; so far hath he set our sins from us.

Yea, like as a father pitieth his own children; even so is the Lord merciful unto them that fear him.

For he knoweth whereof we are made; he remembereth that we are but dust.

The days of man are but as grass; for he flourisheth as a flower of the field.

For as soon as the wind goeth over it, it is gone; and the place thereof shall know it no more.

But the merciful goodness of the Lord endureth for ever and ever upon them that fear him; and his righteousness upon children's children;

Even upon such as keep his covenant, and think upon his commandments to do them.

The Lord hath prepared his seat in heaven, and his kingdom ruleth over all.

O praise the Lord, ye angels of his, ye that excel in strength; ye that fulfil his commandment, and

hearken unto the voice of his word.

O praise the Lord, all ye his hosts; ye servants of his that do his pleasure.

O speak good of the Lord, all ye works of his, in all places of his dominion: praise thou the Lord, O my soul.

For suitable prayers see pp. 56–64.

Here the service is resumed.

Our Father.

ALMIGHTY and everliving God, we most heartily thank thee, for that thou dost vouchsafe to feed us who have duly received these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Saviour Jesus Christ; and dost assure us thereby of thy favour and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, which is the blessed company of all faithful people; and are also heirs through hope of thy everlasting kingdom, by the merits of the most precious death and passion of thy dear Son. And we most humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. *Amen.*

THE GLORIA IN EXCELSIS

Then shall be said or sung, all standing, Gloria in excelsis; *or some proper hymn from the Selection.*

The first words of this Hymn were sung by the heavenly host at our Lord's birth. Join in it, praising God with all your heart, for the most glorious Mystery of his Incarnation, and for all the fruits of his Passion which are communicated to us in this most Blessed Sacrament.

GLORY be to God on high, and on earth peace, good will towards men. We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy

great glory, O Lord God, heavenly King, God the Father Almighty.

O Lord, the only-begotten Son, Jesus Christ; O Lord God, Lamb of God, Son of the Father, that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us.

For thou only art holy; thou only art the Lord; thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father. *Amen.*

The Peace and The Blessing

Then lowly kneeling, wait his word of peace.

THE PEACE

THE peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord.

THE BLESSING

And the Blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. *Amen.*

Prayers during the ablutions, when the Priest reverently eats and drinks the consecrated elements left.

I THANK thee, O Lord, that thou hast permitted me to join in this most holy service and to receive the very Body and Blood of thy dear Son. Grant, O Lord, that I may ever strive to show my gratitude to thee for this great blessing by serving thee more faithfully day by day until I come to thy heavenly kingdom, where with Angels and Archangels and with all thy Saints we may praise and worship thee for ever and ever. *Amen.*

NOW, my tongue the mystery telling,
Of the glorious Body sing,
And the Blood, all price excelling,
Which the Gentiles' Lord and King,

In a Virgin's womb once dwelling,
Shed for this world's ransoming.

Given for us, and condescending
To be born for us below,
He with men in converse blending,
Dwelt the seed of truth to sow,
Till he closed with wondrous ending
His most patient life of woe.

That last night, at supper lying,
'Mid the twelve, his chosen band,
Jesus, with the law complying,
Keeps the feast, its rites demand;
Then, more precious food supplying,
Gives himself with his own hand.

Word made flesh true bread he maketh
By his word his flesh to be!
Wine the Blood of Christ becometh,
Though no outward change we see;
Faith alone, though sight forsaketh,
Shows true hearts the mystery.

Therefore we, before him bending,
This great Sacrament revere;
Types and shadows have their ending,
For the newer Rite is here;
Faith, our outward sense befriending,
Makes our inward vision clear.

Glory let us give, and blessing,
To the Father and the Son,
Honour, might, and praise addressing,
While eternal ages run;
Ever, too, his love confessing,
Who from Both with Both is One. *Amen.*

ASSIST us mercifully, O Lord, in these our supplications and prayers, and dispose the way of thy servants towards the attainment of everlasting salvation; that, among all the changes and chances of this mortal life, they may ever be defended by thy most gracious and ready help; through Jesus Christ our Lord. *Amen.*

GRANT, we beseech thee, Almighty God, that the words which we have heard this day with our outward ears, may,

through thy grace, be so grafted inwardly in our hearts, that they may bring forth in us the fruit of good living, to the honour and praise of thy name; through Jesus Christ our Lord. *Amen.*

DIRECT us, O Lord, in all our doings, with thy most gracious favour, and further us with thy continual help; that in all our works begun, continued, and ended in thee, we may glorify thy holy name, and finally, by thy mercy, obtain everlasting life; through Jesus Christ our Lord. *Amen.*

ALMIGHTY God, the fountain of all wisdom, who knowest our necessities before we ask, and our ignorance in asking; We beseech thee to have compassion upon our infirmities; and those things which for our unworthiness we dare not, and for our blindness we cannot ask, vouchsafe to give us, for the worthiness of thy Son Jesus Christ our Lord. *Amen.*

ALMIGHTY God, who hast promised to hear the petitions of those who ask in thy Son's Name; We beseech thee mercifully to incline thine ears to us who have now made our prayers and supplications unto thee; and grant that those things which we have faithfully asked according to thy will, may effectually be obtained, to the relief of our necessity, and to the setting forth of thy glory; through Jesus Christ our Lord. *Amen.*

✠

BLESS me, O Lord, in all my good resolutions made at this service, and enable me to keep them; guard me against that temptation which besets me, and may that blessing be upon us all for ever. *Amen.*

Then add this Prayer:

PARDON, O Lord, all my wandering thoughts at this time of prayer and praise, and all my other sins, and give me help and strength to live as a true child of thine; and what I have done amiss forgive, for Jesus Christ's sake. *Amen.*

Do not leave your place till the Clergy have entered the vestry.

Prayers which may be said while others are communicating, or at the close of the service, or after you have returned to your home.

O GOD, who in this Blessed Sacrament hast left a memorial of thy Passion, grant that we may so venerate the sacred mysteries of thy Body and Blood here upon earth, that we may evermore perceive in ourselves the fruit of thy redemption, who livest and reignest with the Father and the Holy Ghost, God, world without end. *Amen.*

O ALMIGHTY God and Father, I thank and praise thee for all thy mercies, and particularly for the opportunity which thou hast given me of receiving that Holy Sacrament which thy Son Jesus Christ has appointed in remembrance of his death, and for the spiritual nourishment of our souls. I confess, O Lord, that I have not received it with sufficient love and devotion, nor do I feel as I should do the greatness of those blessings which I have commemorated. Forgive, O Lord, the weakness and imperfection of this, and of all my other services; increase my faith, warm my heart with a constant love towards thee, and enable me, by thy Spirit, to fulfil the vows which I have now made. Make me watchful over my thoughts, words, and actions, and grant that I may lead a strictly honest, chaste, sober, and godly life, following the example of my blessed Master, and placing my whole trust in his precious death for the pardon of my sins, that when he shall come to judge the world I may be found in him. Grant this, O Father, for Jesus Christ's sake. *Amen.*

O GOD, who feedest us thy children with the true Manna, the living Bread from heaven, grant, I beseech thee, that this precious food, which I have received, may be unto me a protection against my spiritual enemies, may give me strength and support in all my trials, and victory over my besetting sins, that so I may reach that land where is neither hunger nor thirst, through Jesus Christ our Lord. *Amen.*

A Prayer for Perseverance

LOOK on me, I pray thee, O God, and have mercy upon me, and grant that as thou hast of thy great mercy brought me into the right path, so I may persevere to the end, and never turn away from the way that leads to everlasting life; through Jesus Christ our Lord. *Amen.*

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A Prayer for a Happy Death

O LORD Jesus Christ, inasmuch as it is appointed unto all men once to die, but none know the hour of their death; grant that I may so live now, that I may never be unprepared to die. Forsake me not in my last hour. Deepen my repentance, and strengthen me with the Blessed Sacrament of thy Body and Blood. Let thy holy angels shield and comfort me in my last agony. May they receive my soul cleansed from all offences and place me among thine elect where light abides and life reigns, world without end. *Amen.*

For Family and Friends

THINK, I pray thee, blessed Jesus, for good upon all my family and friends [father, mother, brothers, sisters, etc.], and all who have been kind to me; all who have asked for my prayers [especially * *] or for whom I ought to pray. Let thy Holy Spirit ever be with them, to keep them from all evil, and to guide them to all that is good for their souls and bodies; for thy mercy's sake. *Amen.*

For Husband or Wife

O GOD, who hast joined . . . with me in the Holy Estate of Matrimony, give us grace to love one another with a holy love, as Christ has loved his spouse the Church. May we live together as heirs of the grace of eternal life [and bring up the children which thou hast given to us in thy faith and fear], and hereafter be amongst the members of the Church triumphant which Christ will receive to himself to be with him for ever, for the same Jesus Christ's sake. *Amen.*

For Father or Mother

O GOD, who hast commanded us to honour our father and our mother, mercifully hear me as I commend to thy loving mercy my father and mother; reward them with thine eternal good things for all the care, trouble, and grief they have borne on my account; give them here all things needful for soul and body, and hereafter join me with them to the company of thy saints and elect. Through Christ our Lord. *Amen.*

For Children

BLESS, O Lord, our dear children, M. N.... We have dedicated them to thee in holy baptism, and we earnestly entreat thee that the grace then vouchsafed to them may ever abide and increase within them. Give us wisdom from above, so that we may bring them up in the nurture and admonition of the Lord. May we, by our instruction and example, help, and not hinder them, in the way of godliness, and may both we and they ever remain in the number of thy faithful and elect children, through thy Holy Child, Jesus our Lord. *Amen.*

Prayer for a Sunday-School Scholar

O GOD, my heavenly Father, I thank thee that I am taught as thy child, to know thee and to love thee. Give me thy Holy Spirit, that I may learn thy truth and do thy will; for Jesus Christ's sake. *Amen.*

Prayer for One who sings in the Choir

O ALMIGHTY God, who hast chosen me thy servant to lead thy worship upon earth, give me grace also to live up to my holy calling. Give me thy Holy Spirit to rule my heart, that I may suffer all things rather than offend thee by sin.

Let my service together with thy priests on earth remind me of my union with my Great High Priest, Jesus Christ, my Saviour, in whose most holy name I offer my prayer unto thee. *Amen.*

For the Parish

O GOD, Holy Ghost, Sanctifier of the faithful, visit, we pray thee,

this parish, and all the parishes of this diocese, and thy whole Church throughout the world, with thy love and favour; enlighten our minds more and more with the light of the everlasting gospel; graft in our hearts the love of the truth; increase in us true religion; nourish us with all goodness; and of thy great mercy keep us in the same, O blessed Spirit, whom, with the Father and the Son together, we worship and glorify as one God, world without end. *Amen.*

Another Prayer for the Parish

ALMIGHTY and everlasting God, who dost govern all things in heaven and earth, mercifully hear the supplications of us thy servants, and grant unto this parish all things that are needful for its spiritual welfare; give the clergy grace to labour faithfully in this portion of thy vineyard; strengthen and confirm the faithful . . . ; visit and relieve the sick . . . ; turn and soften the wicked . . . ; rouse the careless . . . ; recover the fallen . . . ; restore the penitent . . . ; remove all hindrances to the advancement of thy truth; and bring all to be of one heart and mind, within the fold of thy holy Church; to the honour and glory of thy blessed Son, Jesus Christ our Lord. *Amen.*

For the Rector of the Parish

ALMIGHTY God, Giver of all good things, send down upon the Rector of this parish, and upon the congregation committed to his charge, the healthful spirit of thy grace; and that he may truly please thee, pour upon him the continual dew of thy blessing. Grant this, O Lord, for the honour of our Advocate and Mediator, Jesus Christ. *Amen.*

A Prayer for the Diocese

ALMIGHTY God, who feedest thy flock and callest thine own by name, mercifully keep this whole diocese, and lead (each — our) parish in the way, that we may be cleansed from all our sins and serve thee with a quiet mind. Hallow and bless to us the

sacraments and services of thy Church. Inspire our clergy to show forth thy truth by their preaching and living, and daily to minister according to thy will.* Bless the rulers of this land. Send forth labourers into thy harvest, and hasten the coming of thy kingdom in all the world. Make thy cathedral in this diocese a house of prayer for all people and in (each — our) neighbourhood make the parish Church a spiritual home. Keep our communicants in singleness of heart, from unbelief, and worldliness, giving them grace, both in their homes and callings, faithfully to confess thy holy Name. May all our children be taught of thee. Draw to the Cross those who are impenitent and hardened in sin.* And we beseech thee, heal the sick, comfort the sorrowing, relieve the distressed.* In all our work for thee may thy Holy Spirit direct and rule our hearts.* Move thy people to give as thou hast given to them. Fill the workers with the spirit of power of love, and of a sound mind: and while we plant and water, do thou give the continual increase. Through Jesus Christ our Lord. *Amen.*

* *Here intercessions may be made for special objects.*

For the Bishop of the Diocese

ALMIGHTY God, our heavenly Father, who hast purchased to thyself an universal Church by the precious blood of thy dear Son, mercifully look upon the same; and especially so guide and govern thy servant, the Bishop of this diocese, and adorn him with innocency of life, that both by word and deed he may faithfully serve thee in his office, to the glory of thy Name and the edifying and well-governing of thy Church, through the merits of the same thy Son our Lord, who liveth and reigneth with thee and the Holy Ghost, one God world without end. *Amen.*

For all Bishops and Clergy

LET thy Holy Spirit, O most gracious God, rest upon all the Bishops and Clergy [*here name the Bishop of your diocese, and the Clergy of your parish*]

Grant them, by the special help of thy grace, to be holy in their lives, to be zealous in their work, and to minister for thy people according to thy will, for Jesus' sake. *Amen.*

For the Church in America

HEAR me, most merciful God, for that part of the Church which thou hast planted in our land: that it may hold fast the faith which thou gavest to the Saints, and in the end bear much fruit to eternal life; for the sake of Jesus Christ our Lord. *Amen.*

For the Whole Church

LET thy blessing, O Lord Jesus, be upon thy holy Church in all the world. Grant to thy faithful people grace to live in the fear and love of thy holy Name, in perfect unity with each other in thyself, who art their head. *Amen.*

For the Unity of the Church

O LORD Jesus Christ, who saidst unto thine Apostles, Peace I leave with you; my peace I give unto you; regard not our sins, but the faith of thy Church; and grant her that peace and unity which is agreeable to thy will, who livest and reignest God for ever and ever. *Amen.*

For Missions

ALMIGHTY God, by whose heavenly inspiration we think those things that are right, even as by thy merciful guidance we perform the same; quicken in the hearts of thy servants, the Bishops and other pastors of thy flock and the people committed to their charge, such a sense of their duty to all who are ignorant, erring, and uncared-for (in this land) as shall move them to sacrifice and service in their behalf, without stint and without delay. Make us all to see that souls are perishing for lack of the knowledge of Jesus Christ and him crucified, and since thou hast intrusted to us the knowledge of thy truth and the gifts of thy bounty, help us to use them as good stewards, that so thy word may be proclaimed and thy kingdom enlarged,

to the glory of thy Name and the salvation of men; through Jesus Christ our Lord. *Amen.*

O HOLY Father, who didst promise to thy well-beloved Son, "desire of me and I shall give thee the heathen for thine inheritance and the utmost parts of the earth for thy possession"; Hear, we pray thee, his prevailing intercession for the souls which he hath purchased with his precious blood; kindle our desires for the extension of his kingdom among men; pour upon us the spirit of supplication for the spread of the Gospel; and so consecrate our lives to thy service, that we may gladly give ourselves and our substance to send the sound of the blessed Gospel into all lands and its words unto the ends of the world; through Jesus Christ our Lord. *Amen.*

O LORD, who didst come to seek and to save the lost, and to whom all power is given in heaven and in earth, hear, we beseech thee, the prayers of thy Church for those who, at thy command, go forth to preach the Gospel to every creature. Preserve them from all dangers to which they may be exposed; from perils by land and perils by water; from the deadly pestilence; from the violence of the persecutor; from doubt and impatience; from discouragement and discord; and from all the devices of the powers of darkness. And while they plant and water send thou, O Lord, the increase; gather in the multitude of the heathen, convert in Christian lands such as neglect so great salvation; so that thy name may be glorified and thy kingdom come, O gracious Saviour of the world; to whom, with the Father and the Holy Ghost, be honour and glory, world without end. *Amen.*

For Sunday-school Teachers

I BESEECH thee, O blessed Saviour, to help me in the work I am doing for thee, in teaching thy little ones to know thy love and to live for thee; and help them to learn according to thy will. Give me thy Holy Spirit, that I may really feel the depth of thy love and the happi-

ness of a holy life; and so may teach others both by word and example. When thou shalt call me to account for my work, may I do it with joy; and may both teacher and scholars meet hereafter, to live with thee for ever and ever. *Amen.*

For Rector's Aid Society or Guild

LORD Jesus Christ, who sentest forth thine Apostles two by two, that kindly fellowship might comfort and strengthen them in doing thy work; Bless, we beseech thee, all members of our Society that they may comfort and strengthen one another in living a godly life, and in joyfully serving thy holy Church; who livest and reignest, with the Father and the Holy Ghost, one God world without end. *Amen.*

For all Church Workers

ALMIGHTY God, we beseech thee to bless thy Church, especially in this parish, and to further with thy continual help those in it who labor in thy fear and for thy glory: Grant us lowliness of spirit, stedfastness of faith, perseverance in all good works, and bring us at last to thy heavenly kingdom, through Jesus Christ our Lord. *Amen.*

For a Brotherhood of St. Andrew Chapter

O ALMIGHTY and eternal God, we humbly pray thee to vouchsafe thy blessing to this Brotherhood that all its members, being inspired with lively faith and love, may earnestly strive to promote the honor due to thy dear Son, the spread of his Church, and the gathering of the wanderers into the fold; give us grace to fulfil, in our lives, what we profess with our lips; deliver us, O God, from false doctrine and slackness of living, and grant that, persevering unto the end, we may obtain everlasting life, through Jesus Christ our Lord. *Amen.*

For Junior Brotherhood Chapter

ALMIGHTY God, we pray thee to grant thy blessings to the members of this Chapter, and

to all members of the Boys' Department of the Brotherhood of St. Andrew, that being filled with faith and love, they may set forth thy glory not only with their lips, but in their lives, by giving up themselves to thy service, and by walking before thee in holiness and righteousness; through Jesus Christ our Lord. *Amen.*

For Daughters of the King Chapter

O ETERNAL Father, who hast sent us thy Son to teach us things pertaining to thy heavenly kingdom; give thy blessing, we beseech thee, to this Order wherever it may be throughout the world; vouchsafe that these, thy Daughters, ever may discern thy sacred truth and bear, with sturdy mind, the cross, thy Royal Emblem, through the battles of their earthly life; give them strength to overcome, and grace that they may strive to spread thy kingdom and to gather thy dispersed sheep within thy fold; pour out upon them the seven-fold gifts of thy Holy Spirit, that they may never forget that it is thy work which they are called upon to do, that they may think nothing, do nothing, and say nothing which may injure themselves, their neighbours, or thy holy work, and that amid all temptations they may be ready always to forget self by obeying thy most blessed will, and finally, upon them, faithful unto death, bestow thy crown of everlasting life. We ask it all for his sake, for whom we work, who died for us, who lives for us and intercedes, our Saviour Jesus Christ. *Amen.*

Sunday Evening after Communion

ST. LUKE XXIV. 30–31

AND it came to pass as he sat at meat with them, he took bread and blessed it, and brake, and gave to them. And their eyes were opened, and they knew him, and he vanished out of their sight.

PSALM CXLV

Exaltabo te, Deus

I WILL magnify thee, O God, my King; and I will praise thy Name for ever and ever.

Every day will I give thanks unto thee; and praise thy Name for ever and ever.

Great is the Lord, and marvellous worthy to be praised; there is no end of his greatness.

One generation shall praise thy works unto another, and declare thy power.

As for me, I will be talking of thy worship, thy glory, thy praise, and wondrous works;

So that men shall speak of the might of thy marvellous acts; and I also will tell of thy greatness.

The memorial of thine abundant kindness shall be showed; and men shall sing of thy righteousness.

The Lord is gracious and merciful; long-suffering, and of great goodness.

The Lord is loving unto every man; and his mercy is over all his works.

All thy works praise thee, O Lord; and thy saints give thanks unto thee.

They show the glory of thy kingdom, and talk of thy power;

That thy power, thy glory, and mightiness of thy kingdom, might be known unto men.

Thy kingdom is an everlasting kingdom, and thy dominion endureth throughout all ages.

The Lord upholdeth all such as fall, and lifteth up all those that are down.

The eyes of all wait upon thee, O Lord; and thou givest them their meat in due season.

Thou openest thine hand, and fillest all things living with plenteousness.

The Lord is righteous in all his ways, and holy in all his works.

The Lord is nigh unto all them that call upon him; yea, all such as call upon him faithfully.

He will fulfil the desire of them that fear him; he also will hear their cry, and will help them.

The Lord preserveth all them that love him; but scattereth abroad all the ungodly.

My mouth shall speak the praise of the Lord; and let all flesh give thanks unto his holy name for ever and ever.

ALLELUIA! sing to Jesus!
His the sceptre, his the throne:
Alleluia! his the triumph,
His the victory alone:
Hark! the songs of peaceful Sion
Thunder like a mighty flood;
Jesus out of every nation
Hath redeemed us by his blood.

Alleluia! not as orphans
Are we left in sorrow now;
Alleluia! he is near us,
Faith believes, nor questions how:
Though the cloud from sight received him,
When the forty days were o'er:
Shall our hearts forget his promise,
"I am with you evermore"?

Alleluia! Bread of Heaven
Thou on earth our food, our stay!
Alleluia! here the sinful
Flee to thee from day to day:
Intercessor, friend of sinners,
Earth's Redeemer, plead for me,
Where the songs of all the sinless
Sweep across the crystal sea.

Alleluia! King eternal,
Thee the Lord of lords we own;
Alleluia! born of Mary,
Earth thy footstool, heaven thy throne:
Thou within the veil hast entered,
Robed in flesh, our great High-Priest;
Thou on earth both Priest and Victim
In the Eucharistic feast.

Alleluia! sing to Jesus!
His the sceptre, his the throne;
Alleluia! his the triumph,
His the victory alone;

Hark! the songs of holy Sion
Thunder like a mighty flood;
Jesus out of every nation
Hath redeemed us by his blood.

O ALMIGHTY God and heavenly Father, I return thee thanks and praise for all thy mercies vouchsafed unto me, and particularly for the opportunity which thou hast this day given me of receiving that Holy Sacrament, which thy Son hast appointed as a memorial of his death and sufferings, and for the support and nourishment of our souls. I confess, O Lord, that I have not received it with a suitable degree of love and devotion towards thee, nor am I sufficiently sensible of those blessings which it both commemorates and imparts. Forgive, O Lord, the weakness and imperfection of this and all my other services: increase my faith, enliven my heart with a constant and thankful affection towards thee, and enable me by thy Holy Spirit to fulfil the promises of obedience and a better life, which I have now made to thee. Make me watchful over my thoughts, words, and actions: grant that I may lead an honest, sober, kindly, chaste, and godly life, following the example of my blessed Master, Jesus Christ, and placing my whole trust in his precious death for the pardon of my sins: that when he shall come to judge the world, I may be found clothed with his righteousness, and be received into thy heavenly kingdom. *Amen.*

REMEMBER, CHRISTIAN SOUL, THAT THOU HAST THIS DAY, AND EVERY DAY OF THY LIFE,

God to glorify.
A soul to save.
Sins to repent of.
Hell to avoid.
Eternity to prepare for.
Neighbors to edify.
Devils to combat.
Death, perhaps, to suffer.

Jesus to imitate.
A body to mortify.
Virtues to acquire.
Heaven to gain.
Time to profit by.
The world to despise.
Passions to subdue.
Judgment to undergo.

Longer Form of Self-examination

FOR USE IN LENT AND ADVENT, OR FOR THOSE WHO DO NOT COMMUNICATE FREQUENTLY

First Commandment

[This Commandment bids me to have none other gods but the one true God.]

HAVE I loved anything or any person more than God?

Have I allowed the world's pleasures or honors to hold possession of my heart?

Have I been living without any true sense of God's presence?

Have I trusted in my own strength to do what is right, rather than in the help of the Holy Spirit?

Have I doubted God's Almighty power and omniscience?

Have I indulged any doubts about God's love, justice, or mercy?

Have I continued in sin because God is merciful; putting off repentance because he is long-suffering?

On falling into sin have I at once confessed it to God and asked his pardon, promising amendment?

Have I ever thought little of sin, confessed it without sorrow, and taken little or no pains to resist it?

Have I neglected to thank God for all his gracious dealings and his special mercies to me?

Have I murmured against God's will in sickness, suffering, grief, or loss?

Have I at any time thought of God as having dealt hardly with me?

Have I risked my soul by going where I might be tempted to sin? joined with those who laugh at sin and despise religion?

Have I disobeyed the Holy Spirit speaking to my conscience, by neglecting what I knew to be my duty, or doing wilfully what I knew at the time to be wrong?

Do I daily pray earnestly to God for strength and guidance?

Have I an increasing shrinking from sin?

Do I constantly try to

remember that God sees me always?

Do I thoughtfully say grace at all meals?

Have I loved prayer and communion with God? Have I, as far as I was able, lifted up my heart to God during the day?

Second Commandment

[This Commandment teaches me not to worship the true God in the wrong way.]

HAVE I said all my prayers, public or private, with reverence and care as speaking to God; really trying to be in my life what I ask him to make me?

Have I omitted to say my prayers morning or evening, or said them carelessly, perfunctorily, hurriedly?

Have I shortened my regular prayers for any other reason than to do some real kindness to others or from real necessity?

Have I prayed for others as members with me of Christ's Body? Have I family prayers in my household? Have I been absent from family prayers through idleness or carelessness?

When in God's House have I wilfully let my thoughts wander?

When unable to go to Church have I tried to make up for the loss by special prayer and reading at home?

Have I striven to worship God in spirit and in truth?

Have I practised self-examination daily? and also more fully at fixed times as before communicating?

Has my self-examination been real and earnest, revealing to me the condition of my own heart? Has it led me to God in prayer for his pardon and help?

Have I remembered to do everything to the glory of God?

Have I neglected the two great Christian duties of almsgiving and fasting?

Have I failed to honor God by kneeling or standing, as required when attending worship in his Church?

Have I ever come to the Holy Communion without a full trust in God's mercy through Christ

or without careful preparation?

Have I neglected any religious duty or done it carelessly through fear of man, to win praise or worldly gain or to avoid being thought religious when travelling or among strangers?

Have I feared man more than God, doing before God in secret what I dare not do before man?

Third Commandment

[This Commandment teaches me not to use God's Name or any sacred word thoughtlessly; to respect all that specially belongs to him, his Word, his House, his Ministers, his Sacraments, and everything connected with religion.]

HAVE I used such expressions as "O Lord," "Good Heavens"?

Have I ever named any Person of the Holy Trinity or any sacred name or word carelessly, thinking of other things, especially during Church services or in my private prayers?

Do I do reverence at the Name of Jesus, thinking of him as my Lord to whom I have pledged myself unto my life's end?

Do I always realize when in Church that God is in the midst of his people, and do I join in the prayers, psalms, and hymns, and hear God's Word read and preached with a sincere desire to keep it?

Have I been irreverent in Church in any way, not paying proper attention to the services; trying to draw notice to myself or to draw the thoughts of others from the service? Have I forgotten that the Church is none other than the House of God and the Gate of Heaven?

Have I tried not to be late for Church? Have I at any time ventured to receive the Blessed Sacrament when I was not in time to join in the Confession and receive the Absolution?

Have I read or quoted Holy Scripture except for a religious end, made or repeated jests on any word of it, spoken lightly of it in any way, or been pleased to hear others do so?

Do I honor the Holy Scriptures as the Word of God, devoutly reading them and deferring to their

teaching and striving to follow it?

Have I spoken disparagingly of the Sacraments of the Church, the Ministry, the Bible of the Church herself?

Have I ever shown disrespect for God's ministry of preaching by leaving the Church to avoid the sermon?

Have I heard others use profane language and not shown my sense of their sin?

Have I lightly broken any promise or failed to pay my vows to God?

Fourth Commandment

[This Commandment bids me to keep the first day as the Lord's day and to so order my time that I may not be afraid to give an account of it to God.]

HAVE I done my best to keep Sunday as a holy day, avoiding worldly business and amusement? Have I ever used the day simply for my own pleasure?

Have I striven to make Sunday a stepping-stone to heaven, or have I without need put off work until Sunday?

Have I striven always to minimize all necessary labor, my own and others, on Sunday?

Have I remembered that by this commandment God forbids idleness on six days as much as he enjoins rest on one day?

Do I ever make the privilege of Sunday rest an excuse for neglecting my duty to render to God praise and worship in his House?

Do I faithfully observe the Festivals and Fasts of the Church, always attending the services in my parish Church and at stated times being present at the Holy Eucharist?

Have I rightly kept, as far as I could do so, the days and seasons appointed to fasting and abstinence, especially Advent and Lent, and Good Friday in particular, in self-denial and prayer?

Have I done my best to lead others, especially those under me, to fulfil the duties which as Christians they owe to God?

Have I wasted any of the time God has given me for advancing his glory, saving my soul, and doing good to others?

Have I lived a life of

prayer, doing my work and worldly business, and my least duties, especially those which are unpleasant, carefully at their right time, as part of the work God has given me to do?

Am I becoming more religious as I grow older?

Do I offer up all my actions to God with prayers for his blessing upon them?

Fifth Commandment

[This Commandment teaches me how to behave towards those whom I should especially respect and to whom I owe special duties.]

HAVE I been wanting in love and respect to my parents? Do I pray for them and strive to show my gratitude for all they have done or are doing for me? Do I tell them what they ought to know? Do I ever refuse their advice, waste their money, behave ill to them, or give them pain in any way?

If at school do I learn cheerfully what is required?

Do I respect the civil authority by word and deed and encourage others to do the same?

Do I cheerfully try to follow the teaching of the Church of which I am a member, and to obey the directions of the Conventions which govern it in temporal matters?

Do I submit myself to my spiritual pastors, remembering they are Christ's ambassadors, by listening respectfully to their teaching; praying for them; upholding their authority and helping them in their work whenever possible?

If in a position am I careful of my employer's prosperity and time?

If an employer, do I take personal interest in my servants, helping them to lead sober, righteous, and godly lives, seeing that they have ample opportunities to attend religious services, and above all trying to set them a good example?

Am I setting my own children a good example?

Am I ever wanting in deference when deference is due or in courtesy and consideration when they are due?

Do I speak and act kindly and civilly to every

one, especially the poor, the ignorant, and the afflicted, loving them as my brethren in Christ; bearing with their faults as I would have Christ bear with mine?

Do I render all lawful obedience as to the Lord and not unto men?

Do I strive to be a good neighbor, being to others a help and not a hindrance in their running the heavenly race?

Sixth Commandment

[This Commandment forbids murder and all that leads to it; all angry and proud words and thoughts; all that would injure others. It teaches me to be kind, humble, gentle, and forgiving; to do good to the souls and bodies of all.]

HAVE I avoided unnecessarily severe and cutting words, remembering that often they are harder to bear than physical pain?

Have I tried not to offend others or hurt their feelings?

Am I passionate? Am I easily provoked? Have I rendered railing for railing — evil for evil? Do I bear malice or hatred in my heart?

Have I desired to injure others or wished them evil? done them bodily harm? caused them pain or sorrow without just cause? slandered them and injured their characters by spreading false reports?

Have I exposed my own life to danger without need? damaged or ruined my health by evil living, gluttony, etc.?

Have I let ill-temper or hastiness make me speak or act unjustly or find fault too easily? If so, have I owned myself in the wrong and asked pardon from those I have offended or injured?

Do I strive, as much as lieth in me, to live peaceably with all men and to love my neighbor as myself?

Do I forgive all my enemies; all who have done me any wrong or spoken evil against me, praying for them, and trying to love them, praying to be tender-hearted, kind, and forgiving?

Have I failed to be patient when injured?

Have I murdered the

souls of others, by leading others to think lightly of sin and to commit it, either by praise, silence, or by joining in the sin myself?

Have I tried to lead sinners to repentance, especially those whom I have led into any sin, by praying for them and penitently pointing out to them their danger?

Have I defended the helpless and those unjustly blamed? been cruel to those weaker than myself — to animals, insects, etc. ? Have I done my best to feel for the sorrows and troubles of others?

Seventh Commandment

[This Commandment forbids all impurity in thought, word, or action. It teaches us to be modest and holy, to guard all our senses, not to be idle, and by every means to keep our bodies in temperance, soberness, and chastity.]

HAVE I remembered that my body is the temple of the Holy Ghost?

Have I been guilty of any immodest conduct by myself or with others, openly or in secret?

Have I used impure words or read impure books or been to such places as would lead me into temptation?

Have I kept away from places where I might be tempted by sins of this kind, or from people who might lead me into them?

Have I listened willingly to improper stories?

Have I tried to draw notice to myself, by my manner, my dress, etc.? taken too much notice of others, or been in any way too free in my own conduct?

Have I eaten or drunk too much at any time, been luxurious and self-indulgent; indulged in too much sleep?

Have I been slothful and idle, pampering my body to the injury of my soul?

Have I denied myself for Christ's sake, that I may have more to give to Christ's poor?

Have I been selfish in my conduct towards those around me, thinking only of myself and my own ease, comfort, and happiness?

Eighth Commandment

[This Commandment enjoins uprightness. We are to be true and just in all our dealings.]

HAVE I taken anything that belongs to another? Above all, have I defrauded another of his good name, his character?

Have I been living within my means?

Have I failed to pay debts when due, keeping any waiting for their money?

Have I been guilty of any artifice or trickery to gain an advantage of any kind?

Have I borne my full share in supporting the Church, been guilty of any meanness or of making excuses for myself which I knew were not such as God would accept?

Do I give according to my ability at the offertory or for charitable institutions or for missions?

Do I realize that the worst of all ways of breaking this Commandment, as, alas, it is the commonest, is the robbing of God by withholding tithes and offerings?

Does my conscience reprove me on account of anything I have in my possession, bidding me restore it, and yet am I turning a deaf ear and hardening my heart to the warning voice?

Have I ever misrepresented the value of anything whereby I received a higher price for it?

For the sake of holding a position have I been a party to unjust dealings, or done things I know to be wrong?

Have I given a wrong character to a servant, keeping back essential information? After giving such false information have I corrected same as soon afterwards as possible?

Ninth Commandment

[This Commandment teaches me sincerity and truthfulness.]

HAVE I been untruthful for any reason, or caused others to be so? Have I broken confidences, concealed the truth, acted a lie, or been guilty of deceit?

Have I made statements without knowing or even thinking whether they were true or false?

Have I led any one to believe what was not true in any way? Have I kept silence when I ought to have spoken; told part only of the truth when by so doing an entirely wrong impression was given?

Have I tried to speak as kindly as possible of the words and actions of others, not judging them hastily or accusing them of bad motives, making every allowance for them, clearing their character and excusing their faults when I justly could?

Have I busied myself in finding out the faults of others rather than correcting my own?

Have I unfairly hidden or excused my own faults, not taken my own share of blame, letting another be punished, lose his character, or suffer in reputation for my fault?

Have I abused or ridiculed others in their absence, saying what I dared not say in their presence?

Have I spoken certainly of things I was not sure about, said anything I did not really mean, or spoken rashly and untruthfully?

Have I ever said anything ill-natured to any one or repeated unkind tales about others?

Have I busied myself about others' faults rather than about my own, taking pleasure in hearing them blamed or in blaming them?

Tenth Commandment

[This Commandment forbids desire for other men's goods, enjoining us thereby to labor truly to get our own living.]

HAVE I wished for things God has not given me?

Have I murmured or been discontented because of another's enjoyment of things which I have not?

Have I been envious and out of temper when others have been praised and I have been neglected?

Do I commit my cares and anxieties about the present or the future to my heavenly Father, remembering that he is the Ruler and Disposer of all, and that all things happen for the best to those who love him?

Have I been anxious for promotion and let my

thoughts dwell on it exclusively to the neglect of the work God has given me to do?

Have I been over-anxious about money matters; fretful because I have not more?

Have I remembered that no matter what my worldly circumstances may be, God does not mean me to lead an idle life, thinking only of my own pleasure?

Do I rejoice when my friends and neighbors enjoy much happiness and prosperity?

An Explanation of the Colors used in the Services of the Church

White, the symbol of purity is used on Feasts of our Lord and of such Saints as are not martyrs particularly of the Blessed Virgin Mary, on all ordinary days during Eastertide, and on Trinity Sunday. White is also used on most festival occasions.

Red, the symbol of fire, is used on Whitsunday to commemorate the descent of the Holy Spirit as fire; also for a similar reason red is sometimes used at confirmations and ordinations, and on all Feasts of the Martyrs — symbolical then of blood shedding.

Violet, the symbol of penitence, is used during Advent, and from Septuagesima until Easter (except the day be a Festival); also on Ember and Rogation Days.

Green, nature's ordinary coloring, and symbolical therefore neither of great sorrow nor of great joy, is used when there is neither Feast nor Fast and on all ordinary Sundays.

Black is used on Good Friday to mark the darkest tragedy of all the ages and of all the worlds.

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